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Food, Page 1C



Park district to use recycling
grant for shredder.

News, Page 3A

Granite City Journal

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VOLUME 19, NUMBER 25

WEDNESDAY, MARCH 29, 1995

THIRTY-FIVE CENTS

Opponents jeer McGinness' plan

Activist Joe McGinness of Granite City drew jeers, arguments and insults from several township supervisors during a meeting Thursday in which he told them their form of government should be abolished. The supervisors were part of more than 80 people who packed the meeting room of First Federal Savings and Loan Association. Latecomers were forced to stand for the 90-minute discussion of McGinness' proposal. The forum featured McGinness, Edwardsville Township Supervisor Robert Stille and Southern Illinois University at Edwardsville associate professor Lewis Bender, who directs the university's Regional Research and Development Services.

"I am not on a head hunt, and this is not a matter of Republican-Democrat," McGinness said. "The bottom line has to do with public tax dollars. Are we receiving benefits from the townships that outweigh the cost of township government? I believe it does not."

McGinness has said he wants to begin discussions on the issue then circulate petitions to put banishment of township governments on the 1996 state ballot. He spearheaded the unsuccessful drive to win voter approval for a Madison County executive in the November 1994. McGinness has his work cut out. The last county to abolish townships was Williamson in



Joe McGinness

1982. The last time a proposal to abolish townships was on an Illinois ballot was in 1988 in Gallatin County. Residents defeated the measure by a 3-1 ratio. The township form of (See PLAN, Page 9A)

Those under 21 would be barred Bill targets taverns

By Bob Slate
Staff writer

Persons under the age of 21 would be barred from Granite City taverns and other drinking establishments under an ordinance proposed by Mayor Ron Selph this week. There have been a couple of instances where the current ordinance has been ineffective. We want to clear that up," Selph said Monday. State law prohibits persons under 21 from purchasing alcohol. The city's existing ordinance prohibits "minors" from patronizing establishments that serve alcohol. That has been interpreted by some to mean those under the age of 18. At a liquor license hearing last year, for example, it was established that an 18-year-old West

Granite resident charged with murder in connection with the Jan. 5, 1994, stabbing death of John Heuer in Granite City had been in a West Granite tavern on the night of the murder. But because the city's current ordinance only prohibits "minors" from patronizing bars, there was no liquor license violation. Selph said that persons under 21 have been found patronizing taverns on other occasions, but that they have said in their defense that they were not drinking but playing pool or darts. He said it is difficult in those instances for police to prove that they were in fact drinking illegally. If approved, the new ordinance, which was on the City Council agenda for Tuesday night, would make it illegal for those who hold liquor licenses to

allow persons under 21 to patronize their establishments. Under the terms of the ordinance, exceptions would be made for restaurants and other licensees that are not primarily in the business of serving alcohol; for not-for-profit or charitable organizations; and for facilities that are rented for private special events, such as wedding receptions. The ordinance would also require liquor licensees to post a sign stating: "Warning: to all persons under 21 years of age: You are subject to a \$500 fine if you are in these premises without your parent or legal guardian."

Newsworthy Schools use paper for information

By Scott Cousins
Staff writer

Cynthia Hormel is always looking for a good story in the paper — and the paper she looks in is usually the *Journal*. Hormel, the coordinator for the Gifted Children's program in the Granite City School District, cuts articles from local newspapers to document what is going on in the community as part of the district's school improvement plan. She clips stories on a weekly basis and then sends copies of the stories to the schools. Hormel started clipping at the beginning of the school year. She is not only interested in stories directly relating to the school district, but also anything that affects the students, such as jobs or the environment. "The *Journal* does a good job of keeping people informed," she said. "Any event that happens in the community should be documented, and the newspaper does a wonderful job of that," she said. "It's also a good way to let the community know what is going on in the school system." Most recently, Hormel said she enjoyed pictures of Marshall School principal Vince Roiger kissing a small pig. Roiger had told students that he would kiss the pig if students improved their grades. "We had a good time with that down here," she said. Hormel says she number of articles she clips depends on content. "It varies from week to week," she said. "It depends on what is going on."



Cindy Hormel, the Gifted Children's program coordinator for Unit 9 School District, cuts out an article from the *Granite City Journal*.

Ex-workers seeking pay

By Bob Slate
Staff writer

Two former city employees say they are entitled to thousands of dollars of back pay. But the city contends that the women, former members of American Federation of State, County and Municipal Employees (AFSCME) Local 9405, are entitled to nothing because they were no longer members of the bargaining unit when a contract approving retroactive pay was ratified. Mary Parker, a former police dispatcher, worked for the city for nearly six and a half years before resigning last year. She claims she is entitled to \$2,870 in retroactive pay. Pam Harbison, a former billing clerk, was employed for a little more than four years before resigning last year. She said she is owed \$3,097. Both women were on the agenda to speak to the City Council Tuesday night. They are among nine former city employees, all members of AFSCME Local 9405, who left city employment during a two and a half year period beginning April 30, 1992, when the white collar union was without a contract with the city. A contract between the city and the union, ratified last year, includes provisions for retroactive raises of 3 percent in 1993-94, the same amount in 1994-95 and a 2 percent raise in 1995-96. But Assistant City Attorney Ed Fitzhenry said an agreement reached between the city and the union during negotiations specifies that retroactive pay will not be given to those employees who were no longer members of the bargaining unit when (See PAY, Page 9A)

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Deaths

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George Justice
Carroll Hudson

Coming Thursday

People: Profiles of candidates in municipal elections.

Irwin Chapel

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Spring allergies popping out Glorious season is the suffering season for many

By Nicole Vaughn
Staff writer

Ah, glorious spring with its long sunny days and mild, pleasant evenings has finally arrived. So, too, have spring allergies. For millions of allergy sufferers, the "ah" is more like "ah choo!" Instead of dancing in the daffodils, allergy sufferers are tangling with tissues and coping as best they can with a host of unpleasant symptoms. Sneezing, itching, congestion and watery eyes can put a real damper on spring fever. Molds and pollens are the biggest problems for inhaled allergy sufferers, says Dr. Barry Zeffren of Asthma and Allergy Care Ltd. in Edwardsville. Zeffren and his associate, Dr. Andrew Gold, treat a variety of allergy problems. "Mold is showing itself right now," Zeffren said. "It hits its peak in late spring, from

April to May and then shows up again in the fall from about August through October." Tree pollens can cause as much misery from March to June, after which they usually relent. "Oak (pollen) is usually the biggest culprit," Zeffren said. But juniper and elm — which flowered ahead of schedule this year — can be just as unfriendly to the allergy sufferer. And as if those weren't bad enough, that beautiful green grass becomes problematic in May. "The grasses start pollinating in May and that usually goes on through June or into early July," Zeffren said. But fear not: There are some simple steps that can help curb those dreaded allergies. One of the key ways to reduce problems is to limit contact with the outside allergens. "Run your air-conditioner," Zeffren said.

"Close your windows, even on those nice spring days." For those who must or who insist on working outdoors, Zeffren said wearing a mask can help. And while over-the-counter drugs aren't a panacea for allergies, they can limit the suffering. "There are some good over-the-counter products," Zeffren said. "As long as (a person) doesn't have any medical reason not to use them, such as high blood pressure or glaucoma, they may work out just fine." One precaution, Zeffren says, even if the label says the drug is a "non-drowsy" formula, is to avoid driving or operating heavy machinery. "If you're working at, say, Granite City Steel or driving a big truck, you have to be very cautious with over-the-counter (See ALLERGIES, Page 9A)

Daylight-saving time to begin

Daylight-saving time is about to begin. Across the country, people will turn clocks ahead one hour at 2 a.m. Sunday, April 2. (or before they go to bed on Saturday.) Fire officials also urge residents to use this time as a reminder to check batteries in smoke detectors.



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LOCAL NEWS

Death row inmates are exhausting their appeals

Many Illinois death row inmates are exhausting their appeals, and a dozen or more including a man convicted of murdering a former Granite City resident could be executed each year before too long.

"We are going to have (executions) faster and more frequently until the death row is depleted, because these cases are all moving," said Marshall J. Hartman, deputy director of the Illinois Capital Resource Center, a branch of the state appellate defender's office.

There probably will be one execution a month in a year or so, he said.

Attorney General's Office spokesman Dan Curry agreed that a dozen or more executions may start coming due annually within a year.

James Free, 41, and Hernando Williams, 40, were executed by lethal injection early Wednesday at Stateville Correctional Center for unrelated sex murders almost 17 years ago. Four

inmates have been executed in Illinois since the death penalty was reinstated in 1977.

Girves Davis, 37, is scheduled to be executed May 17 for the robbery-related murder of 89-year-old Esther Sepmeyer of rural Glen Carbon in 1979.

Davis, who also was convicted of three other murders, has exhausted all appeals.

He is one of the state's 163 death row inmates. Another is Lloyd Wayne Hampton, who was convicted of murdering an elderly former Granite City man in 1990.

The Illinois Supreme Court Thursday set a new execution date for Hampton, who came within hours of going to the death chamber at Stateville in November 1992.

The high court upheld the dismissal of Hampton's post-conviction appeals and ordered a new execution date of Sept. 27.

After pleading guilty to the torture and stabbing murder of "Roy" Jasper Fendleton, Hamp-

ton repeatedly insisted he wanted to be executed as soon as possible and denounced efforts by others to pursue appeals.

But less than five hours before the execution scheduled for just after midnight Nov. 11, 1992, Hampton changed his mind after talking with his sister. The Illinois Supreme Court granted a stay allowing him to pursue appeals.

Assistant Attorney General Arlene Anderson said Thursday the new execution date probably would be postponed "at least four or five years" if Hampton continues pursuing appeals at the federal court level.

"I think he has the will to live now," she said.

Hampton's attorney, deputy state appellate defender Charles Schiedel, could not be reached for comment.

Madison County State's Attorney William Haine said the high court ruling is good news.

"He not only murdered but tortured an elderly man, and he meets the requirement of the statute for the death penalty and we should get on with it."

But Haine said he expects Hampton to exhaust appeals to delay execution. "He is not only cruel and heartless but infatuated with himself, and as long as he can get notoriety I think he will continue to oppose imposition of the death penalty."

Haine said before he headed to Joliet to witness the scheduled 1992 execution, he had a feeling Hampton would change his mind about wanting to die.

The Supreme Court agreed with Madison County Circuit Judge Edward Ferguson that Hampton, a drifter from Texas, was not entitled to a new trial on the grounds he had not been told he could be sentenced to life in prison when he pleaded guilty.

The Capital Resource Center, created in 1990 to defend death row inmates after they lose their first round of appeals.

It must file the first post-conviction petition within six months after the U.S. Supreme Court declines to review a case. So, instead of prisoner spending 20 years on death row, the time will be dwindled to three to five years, Hartman said.

But Curry said he does not think the time spent on death row is dwindling; he thinks inmates sentenced to death ago are running out of appeals.

— From the Alton Telegraph



(staff photo by SCOTT COUSINS)

Garage fire — Venice firefighters hose down the contents of a garage at the rear of 632 Lincoln Street that was destroyed in a fire Friday afternoon. According to fire department reports, the blaze started as a trash fire that went out of control, spreading to the garage and an adjacent shed, both owned by Rodney Williams.

DEA agent injured in training accident here

By Scott Cousins
Staff writer

An agent with the Drug Enforcement Agency was injured in a firing range accident at the Charles Melvin Price Center.

The agent spent the night at St. Elizabeth Medical Center with a gunshot wound to the right leg.

Anthony Bocchicchio, special agent in charge of the DEA's Midwest Field Division in St. Louis, said an agent from the DEA's St. Louis office was injured during a tactical shooting exercise Thursday afternoon. The agent's name was not released.

During a tactical shooting exercise, Bocchicchio said agents train in a more realistic manner than normal range firing. Because it is more realistic, it is also more dangerous.

Part of the exercise includes running to various shooting points. Bocchicchio said the accident occurred as the agent was holstering his weapon before running to another location.

"We don't allow people to run during training exercises with their weapons out," Bocchicchio said.

He said the agent was holstering his 9mm weapon during the exercise when it discharged, striking him in the fleshy part of his right calf.

Bocchicchio said the agent may have forgotten to uncock the weapon, and the holster's strap may have hit the trigger.

"We're testing the weapon and holster to make sure there are no defects," he said.

Bocchicchio said the agent was lucky the injury was not more extensive. One reason was the type of ammunition he was using.

During training, Bocchicchio said they use ball ammunition. That is the solid lead bullet used by the military. In the field, he said most agents use hollow-point ammunition, which causes more extensive damage.

The firing range is operated by the Granite City Police Department, and is used by both military and civilian law enforcement agencies.

U.S. drug trial set for May 1

By Scott Cousins
Staff writer

The federal trial of two Granite City residents — among 14 members of an alleged drug ring running from Illinois to California — is set to begin May 1 at the U.S. District Court in East St. Louis.

Don Steven Skaggs and his wife, Sherie Lee Skaggs, both 37, of the 2800 block of Lincoln Avenue, have been charged with conspiracy to distribute methamphetamine.

Don Skaggs also faces a money laundering charge. All the other defendants have been charged with conspiracy to distribute methamphetamine.

According to the U.S. Circuit Clerk's office, all are in custody awaiting trial. U.S. District Judge William D. Steinhilber will preside.

The Skaggs were arrested Feb. 8 on indictments handed down by a federal grand jury in East St. Louis on Jan. 20.

According to U.S. District Attorney Randy Massey, the group was active in the drug trade from June 1992 to January 1994.

The conspiracy charge carries a sentence of 10 years to life and a \$5 million fine. Don Skaggs also faces an additional 20 years and a \$500,000 fine for the money-laundering charge.

The indictment also includes a forfeiture count seeking real estate, automobiles and \$1.8 million in cash. Items being seized were allegedly used in the illegal activity or bought with proceeds from it.

Also charged are: Michael Lee Marshall and Toby Colburn of Riverside, Calif.; Terry Marshall, Bradley Leger, Timothy Ceballos and Todd Stitt of Moreno Valley, Calif.; Randy McIntire of Bonne Terre, Mo.; Wil-

liam Sullivan of Bismarck, Mo.; Rodney Masters of Park Hills, Mo.; Mark Wilkins of St. Louis; and James Russ Jr. of Easther, Mo.

The investigation was conducted as part of the U.S. Attorney's Organized Crime Drug Enforcement Task Force. Participating agencies included the Drug Enforcement Administration, Metro East Task Force, the Internal Revenue Service, the Bureau of Alcohol, Tobacco and Firearms, the Illinois State Police, the Missouri State Highway Patrol, and the Arizona Department of Public Safety.

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Recycling grant OK'd

Park District to purchase wood chipper

By Scott Cousins
Staff writer

Thanks to a \$24,566 grant from the Madison County Board's Environmental Committee, the Granite City Park District will be able to implement a recycling plan, and will also be placing some new picnic tables and benches in Worthen Park.

At a ceremony Friday, Madison County Board Chairman Nelson Hagnauer said he was pleased the park district had received the grant.

"I'm happy to be a part in this award coming to the park district — knowing the work they do, the help that they have for the kids, the playground equipment and everything they have here," he said.

He said the money for the Environmental Committee grants comes from tipping fees paid by trash haulers at county landfills.

Dave Polivick, park district director, said the grant will enable the district to reduce trash and tree limbs it has to dispose of.

Most of the grant — about \$18,800 — will be used to buy a commercial wood chipper. Polivick said this will allow the district to chip up trees for mulch instead of having to take them away.

The grant will also pay for three sets of refuse collectors. The collectors have separate bins for cans, plastic and other trash.

"We have a responsibility to reduce what we send to the landfills," he said. "It not only saves money, but it's a good environmental thing to do. If somebody sees that it is working, maybe they will do it too."

Polivick said he was not sure where the collectors will be placed, but said two would probably go to the Wilson Park softball diamonds and playground.

The grant will also be used to purchase six six-foot player benches and three picnic tables. He said the benches would go to the new Tee-ball field at Worthen Park.

The trash collectors, benches and picnic tables are all made from recycled materials.

"I want to make sure the county is recognized, and that they realize how much we appreciate this grant," Polivick said. "Without the funds from the county, we would not have been able to put a recycling plan in place for the park."

"We've been trying very hard for a long, long time to reuse and recycle," he said. "But without monies to start programs like this one, they usually won't get done."



(Staff photo by SCOTT COUSIN)

County and park district officials participating in a ceremony Friday are, from left, B. Schuler, park district secretary; Dave Polivick, park district director; Ron Parente, park district treasurer; Nancy Sanders, park board president; Nelson Hagnauer, Madison County Board chairman; Ray Romine, county board member; and George Sykes and Barry Lom. . . p. board commissioners.

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New health department head seeks public's help

By Scott Wuerz
Staff writer

The administrator of the new Madison County Health Department is looking for public input to help shape its future.

Health Department Director Donald Brannon said Health Department leaders are working on a three-step plan to assess the needs of Madison County.

Brannon was hired by the Madison County Health Department in January based largely on his experience in the development of the St. Clair County Health Department in 1993.

The list of things to do in the creation of both the Madison and St. Clair departments is very similar, Brannon said.

"The first priority I have is to complete an assessment program based on state guidelines," Brannon said. "The Assessment Protocol for Excellent Public Health is a state handbook we're using as a model for our assessment."

The three areas which need to be investigated to best match the department's services with



Donald Brannon
the county's needs are assessment of the county's capacity to provide health services, assessment of Madison County communities' needs and using the information to develop a five-year health plan, he said.

Brannon said he and the Madison County Health Board target December as the

completion date for the health plan.

"All that we know right now is that our first goal is to meet the four basic requirements for a State-certified health department: infectious disease control, food inspection, water inspection and sewage inspection services," he said.

Also high on Brannon's agenda is selecting members of a Health Department Advisory Committee for the Madison County Board.

Brannon said that at least one doctor, one dentist and one registered nurse will be selected for the committee, as well as seven private residents.

"The criteria for the committee members is special fitness to serve the health needs of the county," Brannon said. "More than 30 people have applied for the committee he said, which will be selected by the health board."

"I hope the committee will have its first meeting in May, which I think is a reasonable goal," Brannon said. "We might even be able to have it in late April."

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LOCAL NEWS

Debater's success doesn't surprise his former coach

By Scott Cousins
Staff writer

Jason Hall of Granite City is doing well — and Ron Pennell is not surprised.

Hall, a sophomore member of the debate team at Bates College in Lewiston, Maine, was recently named top individual speaker at a tournament at Wellesley College, and is a member of one of two teams representing the school in the national debate championship in April.

Hall was also named the top individual speaker of the 50 students participating in the tournament.

Hall, a 1993 graduate of Granite City High School, was a member of that school's debate team for about two years. He is the son of Bruce and Sherry Hall of Granite City.

"I'm not surprised he's doing well in college because he was such a good debater in high school," said Ron Pennell, coach of the Granite City team.

"He was very good," Pennell said. "When we went to the IHSA state tournament, after the



Jason Hall

preliminary round he was the top speaker in the tournament, and he was also a member of the all-state debate team."

Pennell described Hall as "an extremely good speaker and a hard worker."

"He had very good speaking skills," Pennell said. "He was a smooth speaker, very articulate."

Hall and his partner, Barbara Rath of Staten Island, N.Y., made it to the tournaments' final

round, where they were defeated by the team from Yale.

In the British-style parliamentary debate used in the tournament, a different topic is announced for each round and debaters have 15 minutes to prepare for it, according to Robert Branham, director of debate and professor of rhetoric at Bates.

Arguing about topics both serious and silly, the two racked up a record of four wins and one loss in the preliminary rounds against teams from Harvard University and MIT.

Topics included Russia's policy toward Chechnya and Superman's secret identity. In the semi-final round, Hall and Rath defeated a team from the University of Connecticut, asserting that Mother's Day and Father's Day should be replaced by Parents' Day.

Their showing qualified them for the U.S. Parliamentary Debate Championship at Johns Hopkins University in Baltimore, Md., April 21-23. One other Bates team, the nation's top-ranked debate team, will also compete



Volunteers recognized — St. Elizabeth Medical Center Auxiliary member and volunteer Liz Briggs, right, received two certificates of recognition at the Illinois Hospital and Health Systems Association's annual meeting in Chicago. Sue Kaufman, director of volunteer programs for IHHA, left, presented Briggs, who is currently chairman of the Region 4 Council on Volunteers, with a certificate recognizing the Region 4 hospitals contributing \$2,675 to the state scholarship fund.

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

Wednesday, March 29
Swiss steak, parsley potatoes, spinach, wheat bread, peach cobbler.

Thursday, March 30
Chicken patty, potato triangles, Scandinavian vegetables, bun, butterscotch pudding.

Friday, March 31

Vegetable cheese lasagna, cottage cheese and pears, broccoli, wheat bread, oatmeal cookies.

Monday, April 3
Fried chicken, whipped potatoes with gravy, mixed vegetables, wheat bread, strawberry ice cream.

Tuesday, April 4
Ham and beans, creamy cole slaw, corn bread, sliced peaches.

The honorary Doctor of Humane Letters degree will be presented by Southern Illinois University at Edwardsville to Barbara Teer, an acclaimed artist in theatrical and dance production for more than 30 years, both on and off Broadway and internationally.

The award was approved recently by the SIU Board of Trustees and will be presented May 6 at the University Commencement.

Teer, a native of East St. Louis, has devoted her life to creating and sharing theater and dance that celebrates African-Americans.

She founded the National Black Theatre Company in Harlem, developed the Black Art Standard, which she continues to teach, and in 1988, developed the National Black

Institute of Communication Through Theatre Arts.

The institute embodies her commitment to revitalizing the Harlem community and broadening opportunities for African-American artists.

Internationally recognized in dance performance, Teer has toured with the Alvin Ailey American Dance Theater, the Duke Ellington Show, the Pearl Bailey Show, Get Aboard the Jazz Train productions, the Louis Johnson Dance Company and the Henry Street Playhouse Dance Company.

Teer's theatrical credits include performances with Agnes DeMille in "Kwamina," in "Where's Daddy" by William Inge, and in more than a dozen

other productions.

For her work in "Home Movies" in 1965 she was awarded the Vernon Rice Drama Desk Award for outstanding achievement off Broadway. She has received numerous other national awards and has appeared in a number of television programs, as well as movies.

Teer was born in East St. Louis on June 10, 1937 and received her baccalaureate degree, with honors, in dance education from the University of Illinois in 1957.

She has studied dance in several foreign countries and studied acting at several colleges and universities, as well as the Mary Wigman Studios and at the Musical Academy of Dramatic Art.

SIU to present honorary degree to Barbara Teer

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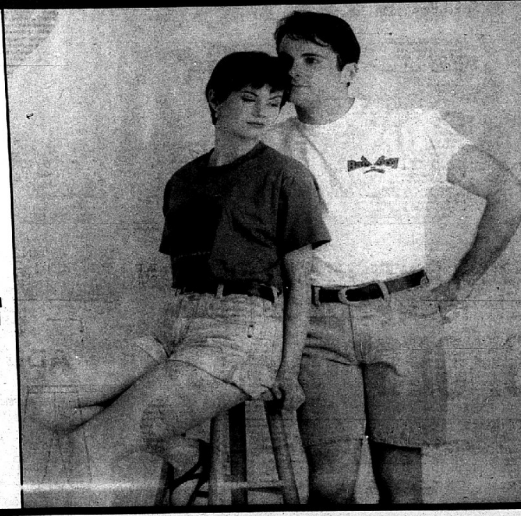
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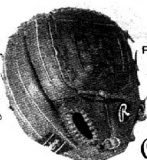
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Ending elderly's isolation is goal Group tackles loneliness

Ending elderly's isolation goal of Partners in Concern is to provide a hand to people in need is unselfish and so is having an ear for them.

Kay Overath of Godfrey knows that many nursing home residents have few friends or relatives to talk to. The goal of her new organization, Partners in Concern, is to free the elderly from loneliness.

"The elderly are an isolated part of our society, but they don't have to be," said Overath, president of the organization. "We're looking for things to help the elderly be more fulfilled in their later years. They need to communicate and not just sit in a chair and be isolated."

Even when residents receive optimum care in nursing homes, they often are emotionally neglected, Overath said. "Once people put their loved ones (in a nursing home) they think, 'Oh, they'll take care of them there.' But they are often emotionally deprived, not because nursing homes intend to, the staff just doesn't have time."

Overath became concerned about the situation when her mother became a resident at D'Adrian Convalescent Center in Godfrey. Talking with longtime friend, Mary Pat Edmondson, also a D'Adrian resident, made Overath see the need for forming the organization. About 15 people attended the first meeting.

Mary Pat is very concerned. She sees the need all the time because she's there," Overath said.

Parking lot work OK'd for SIUE

Plans and specifications for the parking lot resurfacing project at Southern Illinois University at Edwardsville were approved recently by the SIUE Board of Trustees.

The Executive Committee of the board was authorized to award a contract for Phase 1 of the project, budgeted at \$1,088,000, to be completed by the beginning of fall semester. The total project is budgeted at nearly \$2 million.

The project includes resurfacing 10 asphalt parking areas and walkways and roadways in the fan-shaped parking complex on the east side of the campus core, constructing new curbing, improving the storm drainage system, installing an emergency telephone system in parking areas and along adjoining walkways, sealing and marking pavement, enhancing traffic control and regulatory signage, and applying crack-control underlay. Phase 1 includes resurfacing parking areas P6, P7 and P8 and roadways P1 and P2, and installing the emergency telephone system. The project is expected to be completed in three or more phases and will be funded from parking and traffic activity revenues at SIUE.

The project was approved by the SIUE Board on Sept. 8 and by the Illinois Board of Higher Education on Oct. 11. In December, the SIUE Board approved the employment of Hurst-Rothschulte Engineers, Inc., of Hillsboro, to provide engineering services.

Program aids potential teachers

Nominations are being accepted for the Golden Apple Scholars of Illinois, a program that recruits high school students who want to become teachers and assist them throughout college and the early years of teaching. All high school juniors in Illinois are eligible to be nominated for the program by a teacher, counselor or principal. Created by Gail Apple Award-Winning Teachers, the Golden Apple Scholars of Illinois provides more than 900 hours of classroom experience, additional training, mentoring by an award-winning teacher and financial assistance. If eligible, at one of 21 participating Illinois universities in exchange for a commitment to teach in an Illinois school for five years after graduation.

Each nominated student must complete a written application and submit three letters of reference, high school transcripts and ACT scores to the Golden Apple Foundation. About 150 applicants are chosen to be interviewed during the fall before the scholars are selected in December. The deadline for nominations is July 22. Only teachers, counselors and principals may nominate students. To receive a nomination form, call the foundation at 1-312-407-0006.

"The majority of us out here aren't dead yet; we still have a lot to offer," Edmondson said. She came up with the idea for a community organization that would visit nursing homes on a regular basis and simply lend an ear.

Partners in Concern held its first meeting last month and is in the process of soliciting volunteers to get the effort off the ground. Overath said she is enlisting the help of churches to recruit volunteers. The organization will begin by visiting D'Adrian residents and expand

later to other nursing homes, she said. Visits from the community during holidays are wonderful, but Partners in Concern will try to provide more consistent emotional support.

"We're trying to keep something going constantly, not just here today gone tomorrow. It can't be sporadic or you lose that emotional connection," Overath said.

People interested in joining the group may call 466-0153 or 466-0046.

— From the Alton Telegraph

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Donation — Granite City Optimist President Bud Charbonnier, right, presents a check to Karen Gambichler, representative of the Trails West Boy Scouts Council. The funds are to be used for a rappelling tower at Camp Sunnen for use by older scouts in their "High Adventure" camping experience.

Timely tips on Total Lawn Care by the experts at FRANK'S

The big Garden Shop Grand Opening is continuing! After all, we're just as excited about spring as anybody. And there's no better way to herald the arrival of the planting season than with a great buy on something most of us can use. A complete lawn care program.

What are the advantages of Frank's program? First of all, it's far less expensive than hiring a lawn service. Second, your lawn will be getting products "as good as the best, and better than the rest." That's not just a catchy slogan. Frank's backs it up 100%!

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The first phase is applied around Easter. Since this holiday varies widely from year to year, late March is a good time to start. Frank's Crabgrass Preventer and Lawn Food is what your lawn needs now. Each spring, annual grassy weeds such as crabgrass, grow from seed that was scattered the previous summer. Crabgrass seeds begin to sprout when the soil temperature rises above 60°F, which is also when forsythias (shrubs with yellow flowers) bloom. And that's the time to control crabgrass by applying Frank's Crabgrass Preventer.

This product offers an added benefit. Along with doing a number on crabgrass, it gives your lawn a full feeding of nutrients, just what it needs after the long winter.

Your lawn won't need another feeding until mid or late May. At that time you'll apply Frank's Weed & Feed. Around July 4th, you use Frank's Lawn Food, and around Labor Day it's Frank's Fall Lawn Food.

All of these products are available now at Frank's - you don't have to wait and buy each one individually at the proper time. Plus, you can save by getting them ahead of time, all at once. Will a bag of fertilizer bought now be as good on Labor Day? You bet. As long as you store the bags in a dry place, you'll have nothing to worry about.

Don't over-apply fertilizer. The old saying about too much of a good thing is true here. Applying extra lawn food won't help... it could do just the opposite.

Give your lawn spreader a good checkup beforehand. If it isn't behaving up to par, now's when you want to find out, not when it contains a full load of fertilizer. Besides being very annoying, a bad spreader can dump excessive amounts of fertilizer here and there, which can burn the grass. If you've seen its better days and just won't budge, there are plenty of new ones at Frank's!

When using broadcast-type spreaders, try to do so on a calm day. These spreaders apply fertilizer in a fan pattern, and the wind can scatter it about, into undesirable places like flower beds and your neighbor's yard. This is especially true with the hand-held spreaders.

When finished with the spreader, clean it thoroughly.

There's much to talk about regarding lawn care, and we'll be doing just that in upcoming columns.

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1,200-foot lock is ready to pull its weight again

ALTON — Near-record tonnage rolled through an auxiliary lock at Merwin Price Locks and Dam the first two months of the year while the larger 1,200-foot lock was closed for repairs.

The 1,200-foot lock reopened over the weekend after \$2.8 million in maintenance and repairs are completed, lockmaster Tom Miller said.

"While the big lock was shut down, a near-record 10 million tons of goods were barged through the 600-foot lock in January and February," Miller said.

The 10 million tons of grain, coal and chemicals

nearly matched the record of 11 million tons shipped through the 1,200-foot lock in January and February of 1993. "The auxiliary lock worked smooth in handling the flow."

The 1,200-foot lock closed Dec. 22 and reopened after repairs and maintenance by contractor Abbe and Svoboda Inc. of Minneapolis.

Water began flowing back into the lock chamber after a crane lifted several 10-foot-long steel bulkheads out of the lock, Miller said.

A record 1994 grain harvest accounted for 5 million tons through the auxiliary lock.

"It was a super harvest, and we moved much of the grain down the river in the winter months," said Chuck Norman of Norman Bros. Inc., a towboat company based in Godfrey.

A mild winter without thick ice on the river kept the barge traffic moving, he said. "It was one of our busiest winters for shipping grain."

Towboat operators were busy barging corn and soybeans from Minneapolis through Alton to New Orleans, said Debra Colbert of the American Waterways Operators.

A contractor replaced 47 steel cables on the

upper lift gates of the 1,200-foot lock, which opened in October 1989, Miller said. "The 100-foot-long cables were worn out from raising and lowering a 200-ton gate about 80 times a day."

New steel walls were placed in an upper gate that was damaged by a barge accident in the fall of 1990, Miller said.

More than 100 plastic timbers were replaced on lower gates, Miller said. "They're like giant fenders to protect the lock gates from damage from barges."

— From the Alton Telegraph

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ST. LOUIS.....5023 Natural Bridge Rd.

ST. LOUIS.....6210 W. Florissant
UNIVERSITY CITY.....6221 Vernon Rd.
NORMANDY.....7232 Natural Bridge Rd.
ST. ANN.....10645 St. Charles Rock Rd.
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PLEASE NOTE: There will be no advance orders taken for this meat sale. Everything will be sold on a "first come, first served" basis.

Inventory Clearance

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P175/60R13 VVW 34.94
P185/60R13 VVW 39.94
P195/75R14 VVW 44.94
P205/75R14 VVW 49.94
P215/75R15 VVW 54.94
P225/75R15 VVW 59.94
P235/75R15 VVW 64.94

Merit Tires By Cooper Tire 60,000 Mile Treadwear Free Road Hazard

P155/60R13 VVW 24.94
P165/60R13 VVW 29.94
P175/60R13 VVW 34.94
P185/60R13 VVW 39.94
P195/75R14 VVW 44.94
P205/75R14 VVW 49.94
P215/75R15 VVW 54.94
P225/75R15 VVW 59.94
P235/75R15 VVW 64.94

70,000 Mile Treadwear Hercules Mega IV Free Road Hazard

P155/60R13 VVW 24.94
P165/60R13 VVW 29.94
P175/60R13 VVW 34.94
P185/60R13 VVW 39.94
P195/75R14 VVW 44.94
P205/75R14 VVW 49.94
P215/75R15 VVW 54.94
P225/75R15 VVW 59.94
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LT301/950R15 - 6 ply 69.85
ST31/1050R15 - 6 ply 72.85
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P185/60R13 66.85
P185/70R14 74.85
P205/70R14 82.85
P205/70R15 84.85
P215/70R14 84.85
P215/70R15 84.85
P185/75R14 71.85
P195/75R14 73.85
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P205/75R15 82.85
P215/75R15 84.85
P185/75R14xGT4 64.85
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LT215/85R16xCH4 6 ply 74.85
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6-P215/75R14 WW 47.94

Améri-Way XT 12-P235/75R15 Blk 49.94

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P225/60SR14 54.85
P235/60SR14 56.85
P245/60SR14 58.85
P195/60SR15 49.85
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LOCAL NEWS

Poverty line affects Medicare benefits

By Bill Hunot
Social Security Administration

Last month, the federal government announced an increase in the federal poverty guideline.

Usually, that wouldn't be very exciting, but it is welcome news for many people who are on Medicare. Now, more Medicare patients can find extra help with their medical bills from the Qualified Medicare Benefits (QMB) and Specified Low-Income Medicare Benefits (SLMB) programs.

QMB and SLMB are programs for people who are on Medicare, aren't poor enough for Medicaid, but still need help paying their medical expenses.

The qualifications for QMB and SLMB are based on the U.S. government's idea of who is poor and who is not. QMB is available to people who are below the guideline. SLMB is for people who are just slightly over the poverty level.

This year, a single Medicare beneficiary could qualify for QMB if his income is less than \$643 per month. A couple could qualify if their monthly income is less than \$866. The SLMB income limits are about 10 percent higher: \$705 per month for singles, \$940 per month for couples.

QMB is like a supplemental insurance policy for people on Medicare, except it's free. It pays all the deductibles and copayments associated with Medicare. It also pays Medicare premiums. So someone on QMB has at least an extra \$46 per month in disposable income because that amount is no longer withheld from his Social Security checks to pay for Part B of Medicare. It can save people additional thousands of dollars in annual medical costs, depending on how often they need medical care.

SLMB pays Part B Medicare premiums.

QMB and SLMB also have limits on assets, but they are high enough that most people with income below the poverty line will also be below the asset limits.

Currently, the asset limits for both programs are \$4,000 for individuals and \$6,000 for couples. But not all assets count. Within limits, an applicant's car, insurance policies, burial plans, household goods and personal effects won't count against the asset limits. Regardless of its value, an applicant's home never

Shrine Circus parade open to groups

Ainad Temple Shriners are inviting area groups, clubs, businesses and organizations to participate in their annual Shrine Circus Parade May 31 in Granite City.

There are two themes for the parade: "Circus Days" and "Child's Play." Prizes will be awarded to the best floats in both commercial and noncommercial categories.

The parade will line up at 6 p.m. and step off from the intersection of State Street and Washington Avenue at 7:30 p.m.

Anyone interested in participating should contact D. Brown at 451-6922 or John Apperson at 451-9749.

Rules of road course open

Secretary of State George H. Ryan, in cooperation with the Granite City Council of Senior Citizens, is offering a Rules of the Road review course for all citizens in the Granite City area. This course is free to everyone, any age, who wishes to attend.

The two-hour course is designed to answer questions about the Rules of the Road and to assist participants in preparation for examination. Topics include written, vision and road tests.

The Rules of the Road review course will be held from 9 to 11 a.m. Friday, March 31, at the Granite City Township Building, 2050 Delmar Ave., in Granite City. Preregistration is not required.

Call 877-4373 for more information.

55-Alive course offered at GCC

There will be a 55-Alive driving course from 9 a.m. to 1 p.m. April 6 and 7 in Room 345 at the Belleville Area College Granite City Campus, 4590 Maryville Road. The cost is \$8 per person.

Most insurance companies offer a discount on their insurance premiums for those who take this course. Participants must be 55 or older to qualify.

counts against the limits, as long as he lives in it.

Although QMB and SLMB are the same all over the country, only your state government can decide if you're eligible. If you have Medicare and you want more information about SLMB, contact your state social services agency (Family Services in Missouri, Public Aid in Illinois).

If you're over 65 or disabled, and don't have Medicare, call 1-800-772-1213 and find out how you can get it.

Q. Our uncle just died. Now

our aunt lives alone in the country, and we live over 200 miles away. We worry about how she will be able to care for herself and her house. Is there a service available that can look in on her?

A. There may be some help for you: Eldercare Locator. Eldercare Locator is designed to help people like your aunt remain independent in her own home.

It's a nationwide referral service designed to put older people in touch with support services in their communities.

Community services available to your aunt might include counseling, meal delivery, help with household chores and repairs, and transportation. Eldercare Locator is a public service of the U.S. Department of Health and Human Services with the assistance of the state governments' Agencies on Aging.

For more information call 1-800-677-1116. Address questions for Bill Hunot to West County Publications, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

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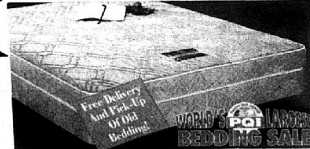


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Obituaries

John Wittick

John H. Wittick, 80, of Beach, formerly of Granite City, died Sunday, March 26, 1995, at his residence after a long illness. He was born in Palmyra, Ill., and a resident of Granite City for many years.

A riding master at Stables for many years, he was an Army veteran and a member of the American Legion. Survivors include his wife, Alma Garrard, and both Granite City cousins.

He was preceded in death by his parents, Guy R. Wittick and Lillian Wittick. Services were held at Werner Chapel for 11 a.m. on Monday, March 27, at the Kinship officiating. Burial was in Mayfield Cemetery.

George Justus

George H. Justus, 80, of Indianapolis, formerly of Granite City, died Monday, March 27, 1995, at his residence in Indianapolis. He was born Dec. 1, 1914.

MELH to meet

By Scott Wuerz
Staff writer

Although plans are as fast as those for a million public high schools, another Edwardsville school is currently expanding or booming enrollment. Metro East Lutheran School, which is also in the shadow of the high school on Center Road, began construction of a new wing last week of a new wing. Sigmund Bohnet said the project will solve the school's space shortage in several years.

"We went from 127 students in 1989 to a record high of 216," Bohnet said. "Projections indicate that enrollment will continue to increase."

The new wing, expected to be completed in August, will include a nurse's room, a new center, two classrooms, a new administrative conference room, a finished classroom and unfinished classrooms.

Hospital

According to American Dietetic Association, although 56 percent of Americans said they had cholesterol, only 10 percent of the dietitians said they had cholesterol.

Area residents and convenient more about cholesterol factors affecting the health of the Center's community.

St. Elizabeth's CardioPulmonary Prevention Program offering cholesterol pressure checks, screenings and educational sessions. Each session includes a professional consultation, a nurse dietitian on the scene. The health service is offered on Thursdays.

Elderly

"Housing and meals for the elderly and their families" and "Program" will be explored at the March 29 session.

The session will explore the importance of aging at home. The session will be held at 6:30 p.m. at the South Station.

The Colloquy is sponsored by the Granite City Public Library.

Taxes

Madison County, Ill., has a new tax on the sale of property. The tax is 1 percent of the sale price.

The final county tax on the sale of property is 1.5 percent. The tax is 1 percent of the sale price.

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Obituaries

John Wittick

John H. Wittick, 80, of Pontoon Beach, formerly of Granite City, died Sunday, March 26, 1995, at his residence after a sudden illness. He was born Aug. 26, 1914, in Palmyra, Ill., and had been a resident of Granite City for 25 years.

A riding master with Gateway Stables for many years, he was an Army veteran and of the Baptist faith.

Survivors include two aunts, Alma Garrard and Ruby Rhine, both of Granite City, and several cousins.

He was preceded in death by his parents, Guy R. and Sadie M. (Little) Wittick.

Services were held Tuesday at Werner Chapel for Funerals, Pontoon Beach, with the Rev. F. Wilkinson officiating. Burial was in Mayfield Cemetery, Carlinville.

George Justice

George H. Justice Jr., 72, of Indianapolis, formerly of Mount Vernon and Granite City, died Monday, March 27, 1995, at his son's residence in Indianapolis. He was born Dec. 2, 1922, in St.

Louis.

A silk screen painter with McDonnell Douglas in St. Louis, he was a member of Pleasant Hill Baptist Church in Mount Vernon and a World War II and Korean War veteran.

Survivors include his wife, Marie (Peacock) Justice, whom he married July 8, 1953; two sons, Harry Randall Gilbert of Indianapolis and Orson W. Gilbert of Germany; one daughter, Carrol V. Morgan of Mount Vernon; one sister, Dorothy Tinsley of Dix, Ill.; and eight grandchildren.

He was preceded in death by his first wife, Della Jo (Elliott) Justice, whom he married Nov. 16, 1946, and who died June 7, 1949; one son, Kenny Justice; one daughter, Georgia Mae Justice; his parents, Harrison and Della (Jarrett) Justice; three brothers, Willard, Orson and Homer Justice; and one sister, Stella Fay Justice.

Visitation is from 6 to 8 p.m. today, Wednesday, at (corner) Funeral Home, 322 N. Main St., Dix, where services are at 10 a.m. Thursday with Bruce Hough officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

Carroll Hudson

Carroll "Shorty" Hudson, 88, of Granite City, died at 12:50 a.m. Sunday, March 26, 1995, at St. Elizabeth Medical Center after a one-year illness. He was born July 6, 1906, in Williamsburg, Mo., and had been a resident of Granite City for 22 years.

A machine operator with General Steel in Granite City for 42 years prior to his retirement in 1968, he was a member of the Organized Church of Latter Day Saints.

Survivors include his wife, Mildred (Vancil) Hudson; one son, Gene Hudson of New Baden; one sister, Frieda Turner of Denton, Fla.; and one grandson.

He was preceded in death by his parents, Jack Henry Hudson and Anna Mae (Jones) Hudson; three brothers, Owen, Dorsey and Glen Hudson; and one sister, Thelma Cox.

Services are at 10 a.m. today, Wednesday, at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, with the Rev. Barry Murphy officiating. Burial will be in Valley View Cemetery, Edwardsville.



Touring — State Reps. Wyvetter Younge and Tom Holbrook recently visited St. Elizabeth Medical Center in Granite City to discuss local health care issues. Holbrook, left, and Younge, right, toured the Koch Family Health Center and spoke with its medical director, family practitioner Dr. Elizabeth Wetzel. The Koch Family Health Center had 13,000 visits in 1994 from people who needed access to a physician and follow-up care. Almost half of these visitors were children.

MELH adding new wing to meet lack of space

By Scott Wuerz
Staff writer

Although plans are not as flashy as those for the \$33 million public high school, another Edwardsville school is currently expanding to find room for booming enrollment.

Metro East Lutheran High School, which is almost literally in the shadow of the new public high school on Center Grove Road, began construction last week of a new wing. Principal Sigmund Bohnet said he hopes the project will solve the school's space shortfall for several years.

"We went from an all-time low of 127 students (in the 1980s) to a record high of 216 this year," Bohnet said. "Projections for future population based on the population of our feeder schools indicates that enrollment should continue to increase."

The new wing, which is expected to be completed sometime in August, will house a nurse's room, a new media center, two counselors' offices, a new administrative office, a conference room, restrooms, two finished classrooms and two unfinished classrooms, Bohnet said.

"We've wanted for a long time to be able to bring our school sports on to our campus," Bohnet said. "It is much more convenient to our students, and we had the space, so we were finally able to get the athletic fields completed."

The new wing will cost about \$650,000 to complete, Bohnet said, and will be built perpendicular to the existing building.

Also included in the project are new baseball and softball diamonds, which were recently completed to the east of the school.

"We've wanted for a long time to be able to bring our school sports on to our campus," Bohnet said. "It is much more convenient to our students, and we had the space, so we were finally able to get the athletic fields completed."

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Career program April 4 at SIUE

More than 100 professionals will be representing a wide range of employers Tuesday, April 4, at Career Network '95, a major recruiting fair held annually at Southern Illinois University at Edwardsville.

Employer representatives will be available from 9 a.m. to 3 p.m. in the Meridian Ballroom at SIUE. The fair is sponsored by the Office of Career Planning and Placement, the Society for Human Resource Management and the National Society for Black Employment.

Students looking for professional employment, juniors who need summer or co-op employment, and sophomores and freshmen who want more information on career options and companies are urged to attend the fair to meet recruiters and employer representatives.

"Career Day offers a chance to accomplish a month's worth of networking, researching and interviewing in one day at SIUE," said Susan Wilder of the Career Planning and Placement Office. "In the past, over half of the participating companies at Career Day have stated that hiring new employees is their main objective," she said. "It is an opportunity for students to receive job offers or information on companies and careers that will greatly enhance their job search."

•Pay

(Continued from Page 1A)

The contract was ratified. City Comptroller K.P. MacTaggart said the disputed wages and benefits for the former employees totals \$13,861.72. Mayor Ron Selph said it is up to the City Council to decide if the retroactive pay will be given.

•Allergies

(Continued from Page 1A)

medication," Zeffren said. "Some people are very sensitive to antihistamines."

But none of it may be enough to help some people. "If they can't function at work, can't enjoy the weather or are having recurrent sinus infections, that's the time that someone should be seeking out an allergist," Zeffren said.

A look at the patient's allergy history, skin-testing and a breathing evaluation help the allergist to determine a serum with which to test the patient through weekly shots.

"Medications treat the symptoms," Zeffren said. "Allergy shots try to get to the root of the problem."

They do so by manipulating the body's immune system and helping it to build up its tolerance against the allergens. Eventually the weekly shots can become monthly shots and for most people can be discontinued altogether within five years.

"It doesn't have to be a lifelong experience," Zeffren said.

Another allergic problem common in spring and early summer is for those sensitive to bee stings.

In these people, stings can cause hives all over the body, difficulty in breathing, loss of consciousness and in some cases, death.

"These are people who absolutely need to see an allergist," Zeffren said.

As with other allergies, an allergy to bee stings can also be treated with a series of shots. For most people, however, those treatments usually are lifelong.

•Plan

(Continued from Page 1A)

government worked in the 1890s when the country was largely rural, but now it is a waste of tax money, he said, stating that the 22 Madison County townships received \$9.25 million in 1993 for services other governmental bodies could provide cheaper.

Bender said it is not an issue of keeping townships but of the public determining what it wants from governmental bodies and examining the effectiveness of all government entities.

"It's a nonquestion to say if we should have township government. What government makes sense for the services we want, and we are willing to pay for them? We are going to have to look at local government more. We need to look at the way we are structuring our services," Bender said.

Still listed services Edwardsville Township has provided over the past two decades, among them, road improvements, replacing the needy while requiring work for the benefits.

He pointed out that if townships were eliminated, by state statute county boards would change to a commission form of government. If that happened, the Madison County Board would be reduced from 29 to 3 members.

"Those members could be from any area. They all could be from Granite City or Alton."

McGinness stance drew angry comments from some members of the audience.

"I get more bang for my buck as far as my roads go," one man shouted. "Who are you arbitrarily come into my back yard and say get rid of township government?"

After the meeting, Godfrey Township Supervisor Doug Mueller said he once was skeptical about the form of government. He said Godfrey Township now has modern computer equipment that is helping provide services and helping more people at a lower cost.

From the Alton Telegraph

Center offers weight-loss program

The Optimize Program offers the latest techniques in weight management at the Wellness Center, 2103 Iowa in Granite City. The 11-week format includes a fasting phase, reintroduction to food and a stabilization phase designed to accommodate a 20- to 40-pound weight loss.

Topics such as creating a healthy home, enhancing self-esteem, building confidence and lapse versus relapse are a few of the issues addressed during the program.

To schedule an initial interview, call 798-3935. The new session begins Monday, April 3.

Wellness Center fitness memberships also are available, offering a well-rounded program for achieving a healthier lifestyle. In addition to various types of exercise equipment and a low-impact walking track, a variety of classes are held at the center to help individuals overcome health problems like diabetes, weight management, stress and smoking.

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"The Lord Bless You And Keep You"
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"There Shall Be Showers Of Blessings"
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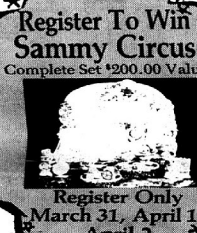
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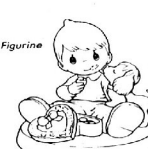
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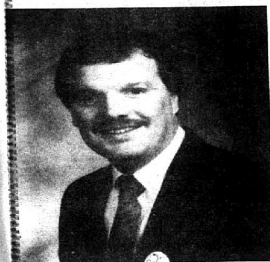
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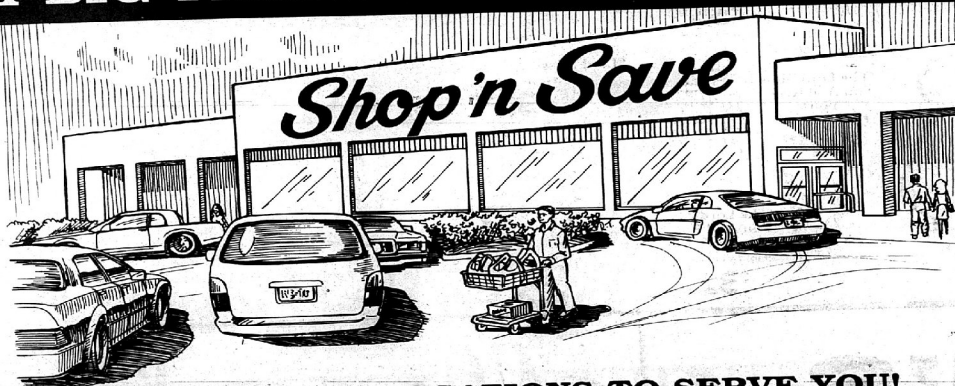
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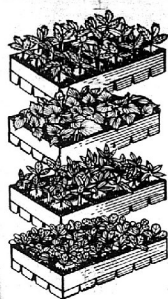
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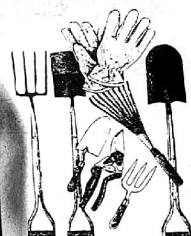
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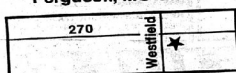
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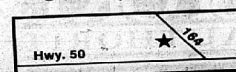


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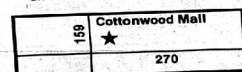
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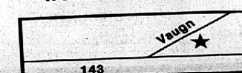
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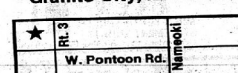
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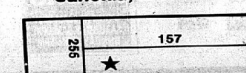
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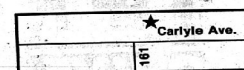
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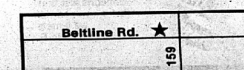
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LOCAL NEWS

Fruit elected United Way president

Tri-Cities Area United Way recently held a celebration luncheon and annual meeting to elect new volunteer leaders for 1995. More than 130 supporters gathered at the Elks Hall to participate in the event.

Richard Kearns, retiring board president, introduced Tom Colbourn, the 1994 campaign chairman. Colbourn congratulated community on the most successful fund-raising effort yet. He reported \$1,116,000 was raised for local health- and human-care services.

Entertainment was provided by the St. Louis Ambush dancers.

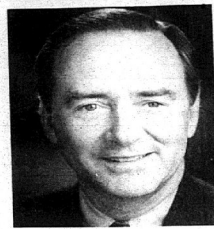
During the program, United Way volunteers Ted Ellerman, Bob Maxwell, Dennis Orsey, Tom Colbourn and Rich Kearns assisted the dancers by leading a United Way cheer.

Following the campaign celebration, the annual meeting and election of new board members and officers was held.

John Fruit, community president of Magna Bank — Madison County Region, was elected United Way board president. Other officers elected were Steve Lantier, vice president; Gwen Pitchford, secretary; and Pete Gunnell, treasurer.

Standing committees will be chaired by Ray Morgan, allocations; Tom Colbourn, priorities planning; Chip King, communications; and Eric Robertson, nominating.

Other new board members elected for three-year terms will join the existing members in overseeing the management and development of the organization. They include Chris Barnes, Bill Donovan, Steve Drummond, Dorothy Griggs, Mark Holshouser, Joe Junes, Leo Mooney, Lec Muehl, Dave Osborne, Jack Scott, George Smith, Charles Unger and Louis Williams.



John Fruit

Pet adoption day Saturday

Madison County Humane Society is holding an Adopt A Pet Day on April 1, 12-4 p.m. at PetsMart in O'Fallon. Puppies, dogs, kittens and cats are available for adoption.

The cost of adopting a dog is \$50 and adopting a rabies shot, DHPP, collar, leash, id tag and \$15 spay neuter deposit.

Cat adoptions are \$25 and include FVRCP shots, collar, id tag, and \$15 spay neuter deposit.



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By David Wilhel
Staff writer

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By Jim Bradle
Staff writer

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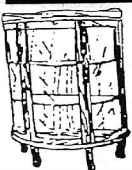
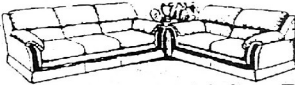
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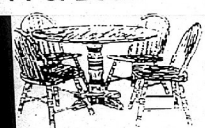
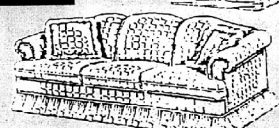
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RACING

Clark Racing Series at Tri-City Speedway set to begin.

Page 2B

LOCAL JOURNAL SPORTS

SOCCKER

Lady Warriors tie Alton.

Page 2B

1994-95 Journals All-Area Boys Basketball Team Garcia carries heavy load for Kahoks

By David Wilhelm
Staff writer

On the basketball court, Collinsville High's Cory Garcia is as tough as players come. He grows when he hauls down a rebound or slaps a shot away. He sticks up for teammates if an opposing player crosses the line. He muscles his way in and out of the lane and crashes into bleachers chasing loose balls.

But off the court, the 6-foot-8 Garcia is a carefree young man with a pleasant disposition, a warm smile and a tremendous sense of humor that allows him to laugh even at himself.

WHEN HE entered preseason practice last November weighing 320 pounds — 70 pounds over his playing weight of 1992-93 — Garcia

Journal All-Area Boys Basketball

Class AA First team
Cory Garcia, Sr. (Player of Year)... Collinsville
Chris Thunell, Sr. O'Fallon
Antonio Brown, Sr. Edwardsville
Vince Ford, Sr. Cahokia
Scott Roth, Sr. Belleville East

Second team
Roy King, Sr. Belleville West
Chris McMullin, Sr. Triad
Chris Wright, Sr. Edwardsville
Lance Wyatt, Sr. O'Fallon
Doug Davinroy, Sr. Collinsville

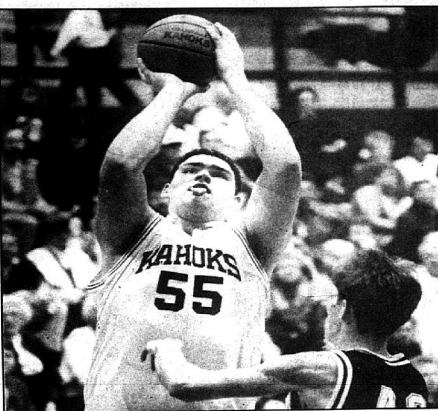
weighty concerns of his own. "I knew there would be some times I got tired, but it seemed like I didn't get tired at all."

Garcia's production underscores that. The senior averaged 21.4 points and 9.7 rebounds per game for Collinsville (20-7), and finished his stellar career as the sixth-leading scorer in Kahoks history with 1,561 points. Only Tony Parker (2,041), Richard Keene (1,968), Terry Bethel (1,943), Rodger Bohnenstiel (1,743) and Bogie Redmon (1,718) scored more.

"IT WAS A good season. I should have had the type of season last year that I had this year," said Garcia, who was voted by coaches as the Journals Class AA Player of the Year. "It was more wanting to win (this year) than anything."

Collinsville's early departure from postseason play — it lost 62-60 to Taylorville in a regional final at Fletcher Gym on March 3 — can't diminish Garcia's accomplishments. He was the heart and soul of the Kahoks, the big man in the middle with soft hands and an even softer shot.

And unlike many players, Garcia doesn't gloat about his success. But he reluctantly admits he's proud to be in elite company with some of the top scorers in the history of Collinsville's rich tradition.



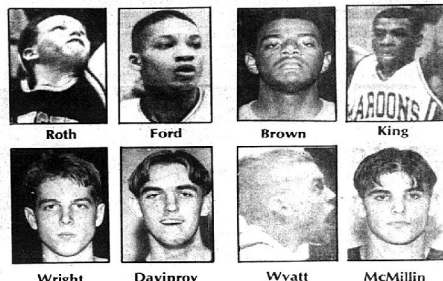
Cory Garcia averaged 21.7 points this year and finished as the sixth-leading scorer in Collinsville High history.

"IT'S DEFINITELY something to look up to," Garcia said. "It's a big accomplishment being up there with Parker and Rich. I never set out to do that. My approach was to get through the program as best I can and help the team win. I exceeded my goals."

But there was some pain along the way. During his career, Garcia broke all eight fingers and his right thumb. Only his left thumb escaped injury. He also suffered 23 sprains of his right ankle and three sprains of his left ankle.

There was more. "I was always getting smacked, bruised, cut or whatever," Garcia said, referring to the constant double- and triple-teams he faced. "That's part of the game, and it's only going to get rougher from here."

GARCIA'S BIGGEST disappointment was the Kahoks failing to make the state tournament. He was used rarely as a freshman in 1992 when Collinsville was defeated by Proviso East in the quarterfinals, but he always figured there would be another chance. (See GARCIA, Page 3B)



The rest of the team...

Here is a capsule summary of the rest of the Journals all-area Class AA boys basketball team:

FIRST TEAM

Chris Thunell, O'Fallon — The 6-8 senior became the main man for the Panthers this season, averaging 24 points, 12 rebounds and three assists per game.

In terms of the attention he drew from opponents and his ability to dominate the game, he had a bigger impact on the game than any player I've coached," said O'Fallon coach Norm Toenjes.

He got closer to the basket than ever before. The rest of his game had always been there. At the Collinsville tournament, he had 48 points and 18 rebounds against Triad and was 18-for-18 from the line. He broke or tied three tournament records. At the Belleville East tournament, he was the MVP and led O'Fallon to the championship.

Thunell signed early to play

Class AA

basketball next season at Florida International University, a Division I school in Miami.

The whole idea of signing early is to concentrate on the season, and it was pretty obvious that Chris' concentration and intensity were at a high level. Toenjes said, "He had 575 points this season (fifth on the all-time JHS list). He's also in the top 10 in career scoring with more than 1,000 points."

Scott Roth, Belleville East — The 6-foot-5 senior played a key role in East's turnaround from a 5-19 record last season to an 18-8 mark and a regional championship this season.

Scott spent more hours in the weight room and on the basketball court than he ever had, and he said, "I was easily Doug McCrary. He was easily the most improved player from one year to the next that I've ever coached."

He's a great person on and off the court and does a great job of leading by example. In the locker room, he keeps everyone in line and keeps them loose at the same time. He's a very (See CLASS AA, Page 3B)

Gibault's Toal meets all expectations

By Jim Bradley
Staff writer

As the 1994-95 high school basketball season approached, there were high expectations for the Gibault Hawks — and more specifically for their star player, Josh Toal. All concerned lived up to their billing.

The Hawks (22-8) reached the sectional final. Toal was named an all-stater and has been voted by area coaches as the Journals Class A Player of the Year.

NOT ONLY was Toal's senior year something special, but his entire high school career is something Gibault coach Dennis Rueter thinks people will remember for a while.

"There have been players that have averaged more points in a season, but I don't think there's any question he's the best overall basketball player to come through Gibault since I've been here (15 years)," Rueter said. "I think there's a pretty good chance he's the best player ever here at Gibault."

Such praise from his coach makes Toal a little uneasy, but at the same time he looks at it as the highest compliment possible.

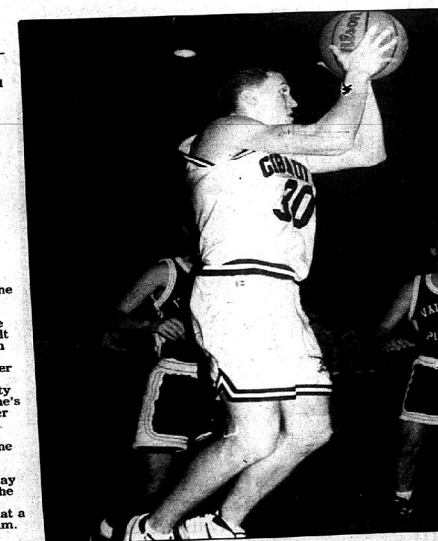
"For Coach Rueter to say something like that is really something," Toal said. "People ask all the time if he's hard to play for, and he isn't. He just wants things done the right way — all the time."

(Rueter) has set a standard here at Gibault, and if he sees that a player isn't living up to his potential, then he's going to get on him. His motto is that if things are done the right way, we'll win."

THE SEASON HAD its ups and downs for Toal. But the ups far outweighed the downs. There was pressure on Toal to succeed from the start of the season. Rueter had asked him to be more of a scorer than he had been throughout his career. But that pressure didn't bother Toal as much as the pressure to win as a team.

"The alumni is always around the gym, and if your team doesn't win 20 games, you're not considered one of the great teams," Toal said. "I never felt any pressure to score, because I never set any scoring goals. But Gibault had four straight 20-win seasons on the line, and I didn't want to be part of a team that broke that streak."

The 6-foot-1 senior scored 651 points for an average of 21.7 points a game. Not only was he a scorer, but he also racked up 185 assists to lead the Hawks. He also led them in steals (84), rebounds (195) and blocked shots. He was a 78 percent free-throw shooter, shot 51 percent from the field and 39 percent from beyond the three-point arc.

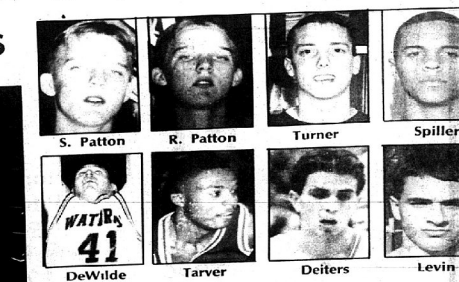


Josh Toal might go down as the best player in the rich history of Waterloo Gibault basketball.

IN SHORT, HE was the go-to guy for the Hawks — a situation that led to one of the low points for him.

"The one play that stands out about my play is that Highland game in the Nashville Tournament," Toal said. "We had a chance to win the game in the closing seconds and move on to play Mater Dei again, and I turned the ball over on the dribble. I kept thinking to myself, 'How can you turn the ball over like that after all that practice dribbling?' I thought about that game for a while, then I realized you can't dwell on the past. You have to look at the future. The future for Toal is as bright as any high school player in the area, but don't look for him to sit back on his past accomplishments."

"THE LAST THING I want people to say is that I was a good high (See TOAL, Page 3B)



The rest of the team...

Here is a capsule summary of the rest of the Journals all-area Class A boys basketball team:

FIRST TEAM

Duane Roth, Lebanon — The 6-6 senior who had already established himself as one of the top players in the Cahokia Conference, took his game to another level this season. He averaged 16.3 points and 9.2 rebounds per game while shooting 60 percent from the field and 75 percent from the line.

He was the man we had to go to," said Greyhounds coach John Schleppe. "He was just an outstanding player this year; he was MVP of the conference and third-team IBCA (Illinois Basketball Coaches Association) all-state. He was the most coachable ballplayer I've had in a long time."

"UMSL (Missouri-St. Louis) is looking at him and so are McKendree, BAC and Millikin. They think he would make a tremendous power forward. Some of the kids like that will live off of his previous accomplishments, but not him. He was always the last to leave the gym in practice."

He improved his rebounding

Class A

and his jump shot. He can play with his back to the basket. As for what he can do on the boards, his rebounding average speaks for itself."

Roth led the Greyhounds (23-10) to regional and sectional championship.

Brad Turner, Columbia — A 6-2 senior, Turner was one of the main cogs in the Eagles' offensive machine. The Eagles won the Cahokia Conference title and won 20 games for the second straight year.

Turner didn't move to Columbia until his sophomore year, but he still rolled up 1,141 points in a three-year career at CHS. The fourth on the all-time scoring list for the Eagles.

Turner scored 488 points (18.8 per game) this year and led the team with 178 rebounds as the Eagles finished 20-6.

He was a 49 percent shooter from the field and 32 percent from beyond the three-point line. Turner led the team in blocked shots with 37 and in steals with 82.

Turner's season- and career-high point total came this year against Westcliff when he scored 37 points. He also scored 33 against Duplo in the Cahokia Conference opener.

(See CLASS A, Page 3B)

SPORTS



(Staff photo by PAM DOEPKE-HURD)

Fit to be tied — Senior striker Staci Dowdy (middle) scored twice Saturday as the Lady Warrior soccer team tied 1-1 with the Lady Bulldogs. The Lady Warriors' 5.0 season-opening loss to Incarnate Word, Granite City was looking to rebound in Monday's game at Roxana.

Clark Racing Series set to begin April 15

By Steve Birmingham
Correspondent

In its quest to give fans the best entertainment value in the St. Louis area, Tri-City Speedway is offering fans many new options as it prepares to kick off the \$200,000 Clark Racing Series. A tune and test scheduled for Saturday, April 8 is open to all forms of oval track race cars. The session, from 6-9 p.m., will allow competitors to shake down new cars and clear the cobwebs out of last year's mounts on Tri-City's flat half-mile and semi-banked quarter mile dirt speedways.

The \$200,000 Clark Racing Series then kicks off Saturday, April 15, featuring the SKOAL

Racing Series Sprint Cars, Red Dog Pro Stocks and Grand American Modifieds on the half mile with the entry-level Street Stock division competing on the quarter-mile. Gates open at 6 p.m. with racing set to begin at 7:30 p.m.

In an innovative development, Tri-City is offering a Permanent Seat Location (PSL) program — but with a twist. At \$240, Tri-City's PSL not only guarantees a permanent seat, it also includes admission tickets to all 22 Clark Racing Series events; the World of Outlaws SKOAL Outlaw Series May 13, June 16, July 15; the NASCAR Busch All-Star Tour, featuring the only St. Louis appearance by Winston Cup star

Ken Schrader (July 26); The USAC non-winged Sprint (Sept. 3); The Great Midwest Sprint Car Midget Shootout, featuring IRA Sprint Cars and the 11th Annual Bob Tattersall Memorial for Midgets (Sept. 30); Monster Truck Mania and the Oktoberfest 100 for Grand American Modifieds and Red Dog Pro Stocks (Oct. 7) — a \$320 value.

Gates for the April 15 Clark Racing Series open at 6 p.m. with racing to begin at 7:30 p.m. Tickets are \$8 for adults, \$5 for students (ages 11-17) and \$2 for children 10 and under. Parking is free.

For reserved seat or PSL information, call (314) 469-9666.

Sports shorts

Elks to hold tryouts
The Granite City Elks 1980 boys soccer team will hold tryouts at 8 a.m. Saturday, April 1, at the Belleville Area College Granite City campus for boys born between Aug. 1, 1979, and Dec. 31, 1980.

The tryouts are being conducted to fill spots on an established team. For more information, call Terry Wallace at 931-0114.

Soccer teams needed
Teams are now being accepted on a first-come, first-served basis for men's and coed soccer leagues in Madison. Men's teams will play on Tuesday, Wednesday and Thursday nights and coed teams will play on Fridays.

The league fee is \$325, and the entry deadline is April 6. For more information, call Jim Broadway at 451-1440.

Coaching clinic
A free soccer coaching clinic will be conducted by Granite City High School coach Baker from 10 a.m. to noon Saturday, April 1 at GCIS.

Baker, the boys and girls soccer coach at GCIS, will cover game strategies and player attitudes and will also have a question-and-answer session. Baker will then demonstrate some of his techniques during practice with the Granite City girls soccer team.

Coaches should meet at the brick building located at back parking lot at GCIS. For more information, call George Schwendemann at 451-4527.

Golf tourney
The Granite City Sports Hall of Fame will have a golf scramble tournament May 12 at the Legacy Golf Club. The tournament will have three flights and will tee off at 7 a.m.

The \$25 entry fee provides each golfer a shot at prizes, golf balls, food and beverages. Players will pay for their own greens fees and cart rental.

Cash prizes of \$100 will be awarded to closest to the pin on holes 8 and 14. Entry fees may be mailed to Les Thompson, 3250 Westchester, Granite City, prior to May 5. Names of the team's golfers, along with their handicaps, should be provided.

For more information, call Thompson at 676-7636.

The golf tournament is held in conjunction with the Hall of Fame's annual banquet and induction of honorees. Both individual tickets and reservations for tables of eight may be made by calling the Schooley Law Offices at 452-7122. Tickets are priced at \$15 for adults and \$5 for children. Individual members of the Hall of Fame committee also have tickets available for purchase.

Hall of Fame seeking players
The Granite City Sports Hall of Fame is seeking players from the 1971-72 state champion Mercer women's softball team and

varsity letter winners from the 1957 state runner-up Granite City High School wrestling team. Players' names, addresses and phone numbers are needed. To report information, call Hall of Fame chairman Tom Schooley at 452-7122.

Aiello places fourth
Tony Aiello, a student at the Progressive Institute of Self Defense in Granite City, placed fourth in his division last week at the 18th annual Southern Illinois Karate Championships.

The competition was held March 18 in Duquoin, Ill. Aiello, a Granite City resident who is studying the art of Wu Hsing Chuan, is instructed by Shannon Walsh. He is now ranked fourth in his division.

Baseball tourneys
The Dresden Youth Sports Complex will play host to a series of St. Louis-area baseball tournaments open to Atom, Bantam, Midget and Juvenile teams beginning in April.

The first tournament, scheduled for April 7-9, is for Atom I, Bantam I and II and Midget I and II teams. The entry fee is \$85. The second tournament, scheduled for April 27-29, is for Atom II, Bantam II and II, Midget I and Juvenile I teams. The entry fee is \$85.

Four games are guaranteed for the third tournament, scheduled to run May 26-29. It will be open to Atom II, Bantam I and II, Midget I and II and Juvenile I teams. For more information, call (314) 349-5004.

Baseball tournament
The Alton Baseball Association will hold a Memorial Day Tournament at Gordon Moore Park in Alton from May 26-29 for teams with players ages 12 and under. All teams will play at least three games. Cost is \$100 per team.

For more information, call Don Gorn at 463-5380 or Rich Woolley (269-7864).

GCSSA tourney
Local teams are needed for the Granite City Steel Softball Association Tournament, scheduled to be held April 7-9.

Sixteen teams are needed for the Class D and Low C tournaments. For more information, call 876-0600 or 876-7745.

Softball tourney
The Kirkwood Athletic Association will hold an ASA girls fast-pitch tournament May 19-21 in St. Louis on its fields on Marshall Road. The tournament will feature competition among 8-and-under, 10-and-under, 12-and-under, 14-and-under, 16-and-under and 18-and-under teams with a three-game guarantee.

Entry fees are \$75 for 8-and-under teams; \$100 for 10-and-under and 12-and-under teams; and \$150 for 14-and-under, 16-and-under and 18-and-under teams. For more information, call Don Lecker at (314) 576-5551.

Mother's Day tourney
Teams are being sought for the SLAM (St. Louis Area Maricopa) Mother's Day ASA fast-pitch softball tournament, scheduled to be held May 12-14.

The tournament is open to 8-and-under, 10-and-under, 12-and-under, 14-and-under teams, and will be held at the South County Athletic Association Dream Fields in South St. Louis County.

For more information, call Paul at (314) 225-0484 or Rodger at (314) 391-6868.

Women's softball league
Teams are needed for an open women's fastpitch double-header softball league to be played at Hartford. There will be a 14-game schedule and the first eight teams will be accepted.

League play starts June 13-14, with teams playing one night per week. Teams are also needed for an 18-and-under girls fastpitch tournament to be held June 10-11 in Hartford. It will be a round-robin tournament and the first 12 to 15 teams will be accepted.

The entry fee is \$125; send checks (payable to Royals) to Tony Zolner, 160 Tennessee, Granite City, Ill., 62040.

For more information, call Zolner at 931-4586.

All-American Game
Tickets for the McDonald's All-American High School Basketball Game are on sale. The game, annually the premier prep basketball all-star event, will be played April 2 at Kiel Center.

Fans can purchase tickets at the Kiel Center box office, All Tickets Now outlets or by calling DuLuth at (314) 291-1600. Ticket cost \$5, \$10, \$15 and \$25. There are also a limited number of premium seats at \$100 each. Group discounts are available. All proceeds from the game will benefit Ronald McDonald Children's Charities of St. Louis.

Michael Jordan, Patrick Ewing, LaPhonso Ellis and Glenn Robinson are a few of the many NBA players who took their first steps to stardom in the McDonald's game.

Athletic scholarships
Over 100,000 college athletic scholarships are available each year to male and female high school and junior college students. Contrary to popular belief, students don't have to be all-state to qualify. Much of the money goes unused.

For information on how to get a college athletic scholarship, send a self-addressed business size stamped envelope to the National Sports Foundation, 611A Willow Drive, P.O. Box 940, Oakhurst, N.J., 07755.

Old Rookies headed for national tourney

The Southwest Illinois 65-and-over men's softball team will be making its third trip to the National Senior Olympics this spring. The team qualified by winning an Illinois Senior Olympics title last year.

This year's National Senior Olympics will be held in May in San Antonio, Texas. The Old Rookies have made previous

trips to Syracuse, N.Y., and Baton Rouge, La., to compete in the national tournament.

The team is made up of players from Granite City and the rest of the Metro East area. Individuals and businesses who contributed funds and made this year's trip possible include Andy's Auto Body, Harry A. Briggs, Central Bank, Corral

Liquors, Davis Funeral Home, 12 Mark Evenson, Ervay's Lounge, Granite City Bowl, Inno's Pizza, Irwin Chapel, Jacobmeyers Tavern, Koelting Ford, Koonce Construction, McAttee's Lighting, Rich Gil, Drs. Schmiedmann & Dowsy, Subway Sandwiches, Terrell Insurance Agency, Thomas Mortuaries and Werner Chapel.

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P235/75R15	\$44.75	P235/75R15	\$44.75
BLACKWALLS	5	BLACKWALLS	5
P175/75R13	\$59.75	P175/75R13	\$59.75
P205/75R14	\$69.75	P205/75R14	\$69.75
P215/75R15	\$79.75	P215/75R15	\$79.75
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2

Class AA

(Continued from Page 18)

good student and ranks high in his class."

McKendree, Millikin and Valparaiso, along with several other Division II and III schools, have shown interest in Roth, who averaged 15 points and nine rebounds.

Vince Ford, Cahokia — Ford, a 6-5 guard forward, became a dominant player under coach Roscoe Dowell at Cahokia. Ford averaged 19 points, eight rebounds and nearly four assists for the Comanches, and he was a big part of Cahokia's turnaround season.

The Comanches finished 17-10 after a 5-17 season in 1993-94.

"There are many players who have Vince's talent and abilities, but he worked hard at his game over the last year, and he brought his game to a new level," Dowell said.

"I think his versatility is what sets him apart from other players. He can rebound with anybody, but he's also one of the better guards in the area when he plays there."

Ford has the interest of several Division I schools. Initially, Ford considered attending West Point, but is now entertaining offers from the University of Florida and the University of Wyoming.

Ford accomplished all of this despite being a year or two

younger than most of his competition.

"There's a lot I can do to get better," Ford said. "I still have growth and skills I can improve on."

Antonio "Chico" Brown, Edwardsville — The mammoth 6'7, 285-pound Brown didn't even play at the varsity level as a sophomore, but he improved dramatically the last two seasons for the Tigers.

Brown averaged 18.1 points and 13.5 rebounds per game this season for Edwardsville (23-5), which advanced to the Class AA state tournament before losing to Rock Island in the quarterfinals. He made 48 percent of his shots from the field.

"He's really made himself a good basketball player," said Tigers coach Mike Waldo. "He's an outstanding rebounder and scorer and toward the end of the year, he ended up handling the ball against pressure defenses. He's just become better and better every year."

Brown will attend the University of Illinois on a football scholarship. He's thinking about trying out for the basketball team as a walk-on.

SECOND TEAM

Roy King, Belleville West — The 5-11 junior averaged 17 points and 5.5 assists in leading the Maroons (12-14) to a regional

championship.

"Roy was our primary ball-handler and had an awful lot of impact on our success," said West coach Bill Schmidt. "He got things started, and quite a few times he also finished them off."

"One of his strengths is his shooting off the dribble, which is an awfully hard skill to teach. He's very fluid with the ball. When the game is on the line, we want the ball in Roy's hands."

Lance Wyatt, O'Fallon — A transfer from Columbia High School, the 5-11 senior averaged 15 points and five assists per game. He had a school-record 71 three-point baskets to rank among the area leaders.

"Lance had the ability to penetrate and dish off, but we was also an offensive force," said Panthers coach Norm Toenjes. "We needed some help at the guard spot and he made us a good team. In our first 10 games, before everyone started to double- and triple-team (Chris) Thunell, he got Chris the ball an awful lot."

"We've only been keeping assist record for 15 years, but he ranks No. 5 on the (single-season) list with 118."

Doug Davinroy, Collinsville — The 6-3 Davinroy, a senior, came back last summer's torn anterior cruciate ligament injury

in his right knee and averaged 13.1 points and 7.1 rebounds per game for the Kahoks, who finished 20-7 overall and 10-0 in the Southwestern Conference.

"He had a good year," Collinsville coach Bob Bone said. "He wasn't 100 percent healthy, but he still played extremely well. There were games when he just carried us."

Chris McMillin, Triad — McMillin, a 6-3 senior and three-year starter, improved his overall game for the Knights, who finished with a 13-13 record. He averaged 20.5 points, six rebounds and five assists per game.

"Chris had a great season," said Triad coach Rich Mason. "He brought his game to another level. Overall, it was his best season."

McMillin finished his career with 1,248 points, fourth on Triad's all-time scoring list. He's leaning toward attending a junior college, perhaps Lewis & Clark or Kaskaskia.

Chris Wright, Edwardsville — The 6-4 Wright was a well-rounded player for the Tigers. He averaged 13.4 points and nine rebounds per game and made 26 three-pointers.

"Chris did so many things well for us," Waldo said. "He was a very good defender. He always guarded the other team's best front-line player."

Garcia

(Continued from Page 18)

The Kahoks were one win away from the state tournament in 1994, but lost 95-78 to Carbonale in the Carbonale Super-Sectional despite Garcia's 39 points and 15 rebounds.

"I thought we had it; I thought we were there," Garcia recalled. Garcia credits Bone for helping him develop as a player.

"He was on me from Day 1," Garcia said. "If he yells at you, it means he's interested in making you better. He's a good coach. After the last game we played (this season), he came into the locker room and said, 'Regardless of what happened,

Toal

(Continued from Page 18)

school player, but once I got to the next level, I slipped a bit." Toal said. "I'm working very hard to succeed at the next level. I lift weights three times a week and play basketball in a men's league with Coach Rueter. He coaches me even when he's playing. He's always coaching."

Where Toal will go to college is the next question. As can be expected, several colleges are vying for his services. But Toal, also an all-star in soccer, wants to play Division I basketball. He may get his wish.

"I've been using all the tryout camps and all-star games to try

and raise my stock," Toal said.

"I want to play Division I basketball, but at the same time, I'm not going to go to some college I'm not happy with just because it's Division I. If I have to, I don't have a problem with going to a junior college for a year."

TOAL SAID Eastern Illinois University is high on his list right now, but nothing has been decided. One thing that is pretty much decided is that he will not play soccer at the next level.

"I think I'm better off playing basketball," Toal said. "Most area basketball players, coaches and fans would agree."

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SPORTS

Class A

(Continued from Page 18)

Ryan Patton, Columbia — The 6-0 sophomore was the leader in almost every category for the Eagles this season.

Patton was one of three Columbia players who averaged in double figures, and he became known throughout the area as a deadly three-point shooter. His three-point bombs from 30 to 35 feet in the closing minutes of a loss to Gibault were a sight to see.

He averaged 20.5 points per game, scoring a total of 334 points. He also led the team with 179 assists. He was an 81 percent free-throw shooter, third highest in school history. He also shot 51 percent from the field, 42 percent from three-point range.

Despite his lack of size, his quickness was only matched by that of his twin brother Shawn. That quickness led to 75 steals and 106 rebounds.

Shawn Patton, Columbia — The 6-0 twin brother of Ryan Patton is the other third of the CHS scoring machine.

Along with Ryan Patton and Brad Turner, Shawn put fear in the hearts of opposing coaches trying to find a way to defend against the threesome.

Shawn was the team leader in

free-throw shooting, making 113 of 136 (83 percent). That's the second highest percentage in school history. He was also the team leader in field goals with 52 percent. He was a 31 percent shooter from beyond the three-point arc, a figure good enough to lead most teams, but it placed him third on the Eagles.

Shawn also added 100 rebounds, 91 assists and 49 steals to place him among the team leaders.

SECOND TEAM

Gary Spiller, Metro-East Lutheran — Spiller led the Knights to a 16-10 record and a championship in the Great Overland Trail Conference by averaging 21.2 points and seven rebounds per game. The 6-1 junior also had 88 assists and 69 steals and was named to the Class A all-state honorable-mention team.

"His point total is very outstanding, and all the other areas are outstanding, too," said Knights coach Dave Schoedel.

"And he was our best defensive player. That's what makes him tough — he's above average in all areas. He loves to play and he loves to work hard."

Spiller set a Metro-East Lutheran record for points in a

single season with 552. That broke the former mark of 514 points set in 1988-89 by Bernard "Boony" Bull. Spiller's high game of the season was 33 points against Valley Park.

Justin Tarver, Lebanon — A 5-10 senior, Tarver averaged 14.5 points, 4.2 rebounds and 3.7 assists per game for the Greyhounds, who finished 23-10 and reached the super-sectional. He shot 51 percent from the field (including 50 percent from three-point range) and 77 percent from the line.

"Justin did an excellent job for us," said Lebanon coach John Schieppie. "He was very coachable and did what he was capable of doing. He has a particularly nice jump shot, and his shooting at the end of the season really helped us."

"He had a lot of rebounds. He's not that big, but he can get up there and jump with the best of them. He has good shooting ability on the perimeter, but the area where he really improved was driving to the bucket and being able to hang in the air."

Several junior colleges, including Rend Lake and Olney, are recruiting Tarver.

Jamie Deiters, Weslin — A 6-2 senior, Deiters averaged 16.2

points, four rebounds and two assists per game. He was a three-year starter for the Warriors after playing in the regionals as a freshman.

"Of all our kids, Jamie had the potential to score the most," said Weslin coach Jeff Mandrell. "He's a good offensive player and can create a lot off the dribble."

"In the second half of the year, he passed the ball a little better. He's also a decent rebounder and he can penetrate."

Derrick DeWilde, Waterloo — DeWilde, a 6-4 senior, averaged just over 10 points a game this season, scoring a total of 312 points while shooting 55 percent from the field.

He was the team leader in rebounds with 143 and had 40 steals during the 1994-95 season that saw him earn a spot on the All-Columbia Conference second team.

Brian Levin, Dupu — Levin, a senior, was surprised when informed he had been selected to the team. Even he admitted 1994-95 was not his best year of basketball.

Levin started the year off with a bang, being named to the Metro-East Lutheran All-Tourney

Team, as he led the Tigers to the tourney championship and a 3-0 start.

But things did not go well the rest of the way for Levin or the team. He suffered a knee injury midway through the season, and tendinitis there bothered him throughout the year.

Despite the injury, Levin, a talented high jumper during the track season, was third on the Tigers in scoring and second in rebounding.

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Duane Roth led Lebanon to the super-sectional this year.

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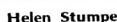
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Myra Parrish presented Stumpe with a minister's stole and told her Christian activities since her ordination. A love gift from the congregation was presented to Stumpe.

Joining about 70 members of the congregation, guests at the celebration included the Rev. Lari Grubbs of Festus, Mo., area minister; Rev. W. L. Bunker, Shirley and Herb Reisinger, Gladys and Don Gilbert and Ruth Bunker, all of Granite City; Marion "Bud" Reisinger of St. Charles, Mo.; David, Krista and John W. of Granite City; Caseyville; and Mary Jane and Roger Wade of Collinsville.

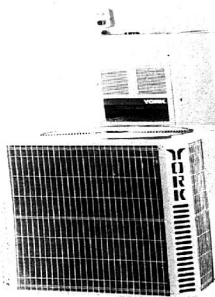
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Boy Scouts hold Court of Honor

On Jan. 16, Boy Scout Troop 13 held its Court of Honor to recognize the achievements made by the young men of the troop.

The meeting began with an induction of Nick Wiehardt into the troop. Scoutmaster Mike Babic presented merit badges to Kenny Cuvor, Steve Geroff, Chris Layloff, Brian Reese and Scott Schardan. Christopher Babic received the world conservation award.

The troop leaders, Babic, Larry Wiegand Sr., Al Pace Sr., Bruce Reese, Marv Wiedemeyer and Glen Hommert, along with the scouts and their families, enjoyed refreshments afterward and wished Wiedemeyer a "Happy Birthday."

Troop 13 meets at 7 p.m. Mondays at St. Elizabeth's School in Granite City.



Shown are, from left, front row, Andy MacTaggart, Brian Reese, Nick Wiehardt, Scott Schardan, Robert Trower and Steve Geroff; back row, Chris Layloff, Kenny Cuvor, Christopher Babic, Kyle Wiilmeyer, Larry Wiegand and Al Pace.

Legion Aux. holds meeting

Venice-Madison Unit 307 of the American Legion Auxiliary held its March meeting on March 6 at the Post 307 home in Venice with 18 present. Hostesses for the evening were LaVera Johnson, Mille Weatherford, Dorothy Landfried and Mary Ann Turner.

Following lunch, the business meeting was conducted by Kate Bueche, president. Younce Pittenger collected \$10 for the "Make A Wish" project. A donation of \$25 is being sent to the department for the hospitality tent at the state Special Olympic games, to be held in June. At the April meeting, a speaker from the Autistic Center in Fairview Heights will be a guest.

Bette Nugent, community service chairman, announced bingos at the Colonial Care Center and Colonnades Nursing Home for the month of March. Norma Hillmer, membership chairman, reported being over goal in dues collected. An award was presented to the unit at the 22nd District meeting in February for reaching their goal. Jane Modrusic, past president's parley chairman for the 22nd District, announced the parley dinner will be held at 6:30 p.m. March 30, at the Post 307 home. This is for all unit past presidents.

Mary Ballentine, co-chairman for the V.A. and R. and cheer reported sending cards of sympathy and get-well wishes to several members of the post and unit. Hillmer reported sending a memorial donation to the Good Shepherd Church in memory of Grace Grimes, a deceased member.

A donation of \$25 is being sent for the Fifth Division Presidents Project of a scholarship for a teacher of special education.

The attendance prize was won by Dolores Wallace, Mary Hellingner and Mary Ballentine.

Dorothy Hinson, co-chairman of the V.A. and R. reported on a good party held at the Jefferson Barracks Nursing Home on Valentine's Day Feb. 14.

The next meeting will be held at 7 p.m. Monday, April 3.

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Eagles Aux. holds birthday dinner

The Granite City Eagles Auxiliary held its first meeting of February with a birthday dinner for Ann Pates, president, who received many gifts. Food was served to the members attending. The hall was decorated in Pates' favorite colors, pink and fuchsia. Flowers and table coverings followed the theme.

The meeting followed the birthday party with the president presiding. The Pledge of Allegiance was given by 32 members in attendance. The roll call of officers was taken and Connie Mod, vice president, was absent due to illness. Evalene Ederle was excused, as she was out of town.

The secretary read the minutes of the previous meeting, where were approved. Three applications were read and Florence "Puzz" Hagnauer, membership chairman, gave her report.

Carol Madison of the Autism Foundation in Fairview Heights sent a letter of appreciation for the \$50 donation made in the memory of Charles Landfried, husband of Dorothy Landfried and father of Millie Weatherford and Ellen Landfried.

Kelly Reed was escorted to the altar and presented a \$500 check from the Eagles Auxiliary Disaster Fund for her house fire in December.

Rita Cuoco, District 7 secretary, sent an invitation to attend the District 7 meeting in Alton, which was held Feb. 19. The officers were to have a meeting along with a regular meeting. A social hour followed.

The Eagles Grand Aerle sent a "No Goose Eggs" sticker for the auxiliary's poster for the month of December.

Leaster McKierman, director of the Granite City Library, sent a letter of appreciation for the \$500 grant from the Eagles Golden Eagle Fund, which will be used again this year to purchase large-print material for the elderly.

The Rock Falls Eagles Auxiliary 2783 sent an invitation to attend their state officers' weekend and anniversary, which was held March 3, 4 and 5.

A banquet was held on Saturday with an award presentation, games and entertainment. A breakfast and mortgage burning was held on Sunday.

Joanna Spencer is seeking the auxiliary's support in backing her for Southern Zone trustee. She was approved by all in attendance.

The visiting committee sent good-will cards to Mary Brominski, who is terminally ill and would appreciate hearing from everyone. Beulah "Roots" Stanton, who is in a nursing home; and Irene Reinhardt, who is ill.

A silent prayer was held for the recovery of Dorothy Robles, Julia Portell, Connie Mod and Shirley Prater, who have all recently been in the hospital.

Deadline to place your well-wisher ads in the state convention book will be April 15. The cost is \$1 to have your name listed.

Angie Buehler, Auxiliary 1126 and District 7 conductor, has submitted her resignation, due to ill health, and applications for her replacement were taken by Ruth Jorgensen.

Sue Allen, kidney fund chairman, held a dessert

sale at the Friday night fish fry.

Ruth Jorgensen, bingo chairman, gave the report in Evalene Ederle's absence. The report was approved by all. Vera Johnson, Alzheimer's chairman, gave her report from her recent fancy breads and dessert sales.

Del Deloney, auxiliary mother, had the conductor to escort Ann Pates to the altar and presented her with a birthday cake and gifts from herself and the auxiliary. Joanna Spencer, installing president, gave the oath of office to Florence "Puzz" Hagnauer as third year trustee to finish the vacated office of Flo Stokes, who resigned in January due to ill health.

Ruth Jorgensen and Joanna Spencer gave their reports from the seven-state conference at Paducah, Ky. A \$5,000 check was presented to the Make-A-Wish Foundation and a \$1,000 check was presented to the Pigeon Forge, Tenn., Wildlife Organization, who displayed a hawk, falcon, vulture and eagle during their "Save the Eagle Tennessee Wildlife Foundation" program. There were 317 auxiliary members from the seven states who attended. Illinois was represented with 83 members.

The following speakers spoke to the joint session: Judy Sanders talked on "What's Cookin' at the Eagles," Lorraine Grimes chose the subject "Increasing Auxiliary Attendance," Sue McCoy spoke on "All Officers are Important," Diana Garrison chose "Chain of Events and Their Purposes," Betty Seebree chose "Work as a Board Not as an Individual" and Ruth Crey chose "Activities to Improve Moral and Build Membership."

Ruth Jorgensen sat in on the judging of the ritual teams and one drill team. There was also a clogging contest.

Marly Oyen, co-membership chairman, congratulated Ann Pates for enrolling 28 new members so far this year. She wished her well in getting the few more she needed to make her quota.

Ruth Jorgensen read a poem, "Woman's Conversation With God," and the meeting was closed with a prayer given by Millie Weatherford, chaplain.

Prizes were won by Fuzz Hagnauer and Millie Weatherford. Hostesses for the evening were "Mom" Del Deloney and her volunteers.

A social hour followed with birthday cake and coffee served.

Others in attendance were Kathleen Benda, Bernice Baza, Mildred Benda, Edna Schuler, Hilda Melton, Angie Buehler, Carol Miller, Pam Benefield, Frances Thompson, Dorothy Landfried, Kelly Reed, Sandra Tudor, Flo Stokes, Helen Mueller, Barbara Modruski, Katie Kostoff, Vera Johnson, Cindy Pates, Julie Adams, Joanna Spencer, Marian Lipscomb, Liz Moore, Martha Simpson, Esther Grouhouse, Alda Yurko, Ann Pates and Vincine Zerlan.

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Prices good through Mon., April 3 All Prices Below Blue Book! Value!			
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Lincolns	Stk. #8363F Green	Dk. Blue, #8768A, 14,000 miles, V-6, Auto, A/C	Taurus
Town Cars	1992 E150 OSAGE	1991 Dodge 15 Pass. Van	Sable
Continental	Conversion Van Stk. #2647, white, 35,xxx miles	Stk. #8600 V-8, Auto, A/C, 48,xxx Miles	Topaz
Mark VII			Tempo
Mustang			Escort
Convertibles			
1994 Aerostar EXT XLT	1991 Explorer Eddie Bauer	1992 Suzuki Sidekick	1993 Mustang Convertible
Stk. #6143A Full Power, Rear Heat & A/C	Stk. #8712F One owner, Loaded, Moonroof	Stk. #8216F, Green	\$209 per month
1985 GRAND MARQUIS \$3,588	1991 T-BIRD \$9,288	1992 MUSTANG LX CONVERTIBLE \$10,988	1994 TAURUS GL \$13,988
2651L 4 Dr, Extra Clean	8343F Silver, 44,xxx Miles	7534A	White-Maroon, Green
1992 GEO \$4,888	8422F Auto, A/C, Red	1992 FESTIVA \$6,388	7605A, 7606A, 7607A
8198F Auto, A/C, 45,xxx	1991 Pontiac Sunbird	8551F Auto, A/C, Maroon	1992 CADILLAC DEVILLE \$16,588
1991 TEMPO GL \$6,688	8248F 4 Dr, Auto, A/C	2027L 4 Dr, Extra Clean	2160L Loaded
		1992 CHRYSLER T & C \$15,988	
1994 Pontiac Gr Prix	1994 Hyundai Excel 3 Dr.	1989 Jeep 4x4 Laredo	1991 Mustang GT Convertible
Stk. #2524L, 2 Dr., Red	Stk. #8148E, A/C, AM/FM, 3,xxx Miles	Stk. #2597L, 6 Cyl., Auto, A/C	Stk. #2590A, Red, Loaded
1994 TEMPO GL'S	1990 Probe LX	1992 GEO Prizm	1994 TAURUS GL
\$10,995	Stk. #8685F, V-6, Auto, A/C	Stk. #221L, Auto, A/C, White	7605A White
\$212 per month	1993 Mitsubishi Eclipse	1992 Cadillac DeVille 4 Dr.	7607A Gr.
Special Purchase	Stk. #8139F Dk. Maroon, 28xxx miles	Stk. #2027L, Maroon & Silver, Red Leather	\$266 per month

901-1120 So. Illinois,
Belleville
(Six miles South of I-64
on Rt. 159.)

Auffenberg BELLEVILLE
234-0330

Monday, Wednesday, Friday
8 AM - 9 PM
Tuesday, Thursday, Saturday
8 AM - 6 PM

ENTERTAINMENT

Horoscope

Wednesday, March 29
Possessiveness is the emotional mood of the day — it'll be difficult to part with money or let your loved ones run free. Enjoy sentimental moments with those you've known through thick and thin, and spend plenty of time with older folks. Where you'll have a wonderful time. It's easy to make errors in love and money matters, so take care.

ARIES (March 21-April 19)
Don't try to explain those feelings because they're too deep. Silence helps you hear the voice of the muses. It's a little time tomorrow, so rest and contemplate tonight.

TAURUS (April 20-May 20)
Duck flying rumors, and keep your cool in the face of changing conditions at work — you stand to gain, though some may misinterpret. Impressive new methods are worth learning. Try 'em now.

GEMINI (May 21-June 21)
Take the lead, and give it your best. Make no excuses when you are criticized. Follow through, finish, and give the lie to those who would tarnish your reputation. Take a trip this weekend!

CANCER (June 22-July 22)
Diplomacy is called for, and in matters of partnership, be sure to express appreciation for caring efforts of others. Develop a new plan for home improvements — start a garden, perhaps.

LEO (July 23-Aug. 22)
Don't push a co-worker who seems reticent soon, you'll know the pressure he or she is under. Now is the moment for giving the benefit of the doubt — together, you're stronger than you are individually.

TODAY'S BIRTHDAY (March 29)
Powerful relationships boost your prestige and bring you a great opportunity in June. Consider establishing a home business in July. Passionate romance comes



Joyce Jillson
Your personal horoscope, call 1-900-420-2787
99¢ per min touch-tone and rotary

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calling in August. Real love is true and binding in October. Your magnetic personal powers bring you amazing benefits in November. Begin a long, exciting journey in December. Set your sights on important educational goals you've been putting off.

VIRGO (Aug. 23-Sept. 22)
It's your listening skills that get you from here to there. Follow orders, and complete tasks. Public relations is a top priority. Assume that the customer, the boss or your mom is right.

LIBRA (Sept. 23-Oct. 23)
Important friendships are just around the corner — and help with that depressing health or financial problem is on the way. For now, define your symptoms and face your problems squarely.

SCORPIO (Oct. 24-Nov. 21)
The loving ways of a romantic wooer are wooing you away from concentrating on important career moves. Give the children your full attention tonight — they're eager to talk about what they're feeling.

SAGITTARIUS (Nov. 22-Dec. 21)
Are there new worries on the home front? Just use this as a lesson in thrift. You never know when expensive repairs might be needed, so save. Meanwhile, quit worrying.

CAPRICORN (Dec. 22-Jan. 19)
Love is trying to get your attention, but you may be too involved in solving a misunderstanding in business matters. Important new associations do come first — then, flirt like mad!

AQUARIUS (Jan. 20-Feb. 18)
Get monetary affairs ship-shape, and eat right today, too, because tomorrow is the day you meet destiny in the form of a new project. A wardrobe update may be beneficial, too.

PISCES (Feb. 19-March 20)
Saving is serious business, true, but don't worry too much. You'll soon see an improvement in your cash flow. Check the mirror, and consider starting a fitness program tomorrow.

Need quick results, Buying or Selling? Try the Journal Classifieds!

BINGO
Saturday Night
Doors Open 4 PM
Bingo at 7 PM
• Pull Tabs

2 • \$500+ Jackpots
(1 Progressive)
Paper and Hand Cards Available
40 • 50 • 60 GAMES
South Roxana, IL
4 mi. North of 270 on Ill
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GABBY'S
BAR & GRILL
presents
LIVE ENTERTAINMENT
Fri. & Sat. 11 pm - 2 pm
EAR KANDY
DAILY LUNCH SPECIALS
M-Th 7:00 am to 2:00 pm, Sat 3 pm to 3 pm
Fri. 7:00 am to 2:00 pm, Sun. Closed
1500 State Street
462-2009

Last Resort Night Club
3666 Hwy. 111 • 1/4 Mile South of Hwy. 162
931-3050
Fri. & Sat. • March 31 & April 1
"CRUZN"
Karaoke Contest Every Wednesday
By "Class Act" With Patrick Henrickson
OVERALL GIVEAWAY "\$2,500"
Check Out Our Nightly Specials

"ANNUAL FISH FRY & BAKE SALE"
FRIDAY, MARCH 31, 1995
11:00 A.M. - 7:00 P.M.
at the
MADISON RECREATION CENTER
7th Street & Lee Avenue
Madison, IL
ADULTS \$4.50
CHILDREN (10 & under) \$3.50
Sponsored by
Nativity of the Virgin Mary
Orthodox Church
Madison, IL

MENU:
Hand Breaded Cod Fish
Spaghetti or French Fries
Cole Slaw
Bread
Dessert & Beverage
(carry-outs available)

Movie schedules

Film timetable for Wednesday, March 29. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
1-70 and Hwy. 187, Collinsville, 344-1708
Man Of The House (PG) 7:15, 9:30
Tall Tale (PG) 7:00, 9:15
The Brady Bunch Movie (PG-13) 7:00, 9:15
Major Payne (PG-13) 7:15, 9:30
EASTGATE CINE
Estimate Plaza, E. Alton, 254-5289
Tall Tale (PG) 5:00, 7:15
Outbreak (R) 4:15, 7:00
Bite the Bullet (PG-13) 4:45, 7:30
Forrest Gump (PG-13) 4:15, 7:15
Candyman 2 (R) 5:15, 7:30
COTTONWOOD EDWARDSVILLE CINE
Edwardsville, Ill.
Roommates (PG) 4:15, 6:45, 9:15
Boys On The Beach (R) 4:30, 7:15, 9:45
Billy Madison (PG-13) 4:45, 7:00, 9:30
LINCOLN THEATER
103 E. Main (Belleville), 233-0123
Forrest Gump (PG-13) 7:00, 9:30
Murder In The First (R) 7:05, 9:30
The Jungle Book (PG) 7:15
The Hunted (R) 9:25
NAMEOKI CINE
30 Nameoki Village, 877-6630

Dumb And Dumber (PG-13) 7:15
The Brady Bunch Movie (PG-13) 7:00
QUAD CINEMA
Bellefonte, Ill.
Outbreak (R) 4:15, 7:15, 10:00
Tall Tale (PG) 4:30, 6:45, 9:00
Bite the Bullet (PG-13) 4:30, 7:00, 9:30
Major Payne (PG-13) 5:00, 7:30, 9:45
RITZ 3 THEATER
403 E. Main St., Belleville, 233-3536
Disclosure (R) 8:30
Forrest Gump (PG-13) 6:45, 9:45
Murder In The First (R) 7:15, 10:00
ROXANA CINE THEATER
Roxana, Ill., 254-4746
The Brady Bunch Movie (PG-13) 7:00

S.V.I.A.
Spring Craft Show
Sat., April 1st 10am-5pm
Sun., April 2nd 10am-4pm
Klucker Hall, Shiloh, IL
In The Shiloh Community Park
Free Parking & Admission
Call 632-3900
Or 632-8801

BINGO
HOLY ROSARY SCHOOL
Evening Ladies 7pm
• Two \$500 Jackpots • All Ages • Color
• Refreshments available
2727 N. 43rd Street (at 162)
Fairmont City

S.V.I.A.
Presents
The Waterloo German Band
April 8th
8 PM—Midnight
Klucker Hall, Shiloh, IL
(Bring your own bottle.
Setups available.)
R.S.V.P. 632-8801
Or 632-5515

Italian Spaghetti Dinner
sponsored by
Trails Head Council, B.S.A.
Religious Committees
APRIL 1st • 3-7pm
St Elizabeths Cafeteria
(Pontoon & Johnson Rd)
Price: \$4.50 adult
\$3.00 child
under 3 FREE
Help Support
The Religious
Objectives In
The Boy
Scouts
Program

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PARTY-WEDDINGS-MEETINGS
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AMERICAN LEGION POST #307
740 BROADWAY, VENICE, IL
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Special MONDAY Matinees
HELD OVER!
DUMB AND DUMBER
JIM CARREY
JEFF DANIELS
PG-13
FRISAT 7:00, 9:15 SATURDAY MON MAT 2:30
SUN - THURS 7:15

NAMEOKI CINEMA
Nameoki Village, Granite City • 877-6630
HELD OVER!
The Brady Bunch Movie
They're Back
To Save
America
From
The '90s
PG-13
FRISAT 7:00, 9:15 SATURDAY MON MAT 2:30
SUN - THURS 7:15

Now FREE REFILL on Popcorn & Soft Drinks!

Collinsville's favorite Country Craft Show is back. Featuring folk art, baskets, furniture, garden signs & decor, birdhouses & feeders, and much more.

Country Treasures FOLK ART & CRAFT SHOW
APRIL 1 & 2
Gateway Center
One Gateway Drive
Collinsville, Illinois
From 1-55/70 take Exit 11 & follow signs.
Saturday & Sunday — 10 am to 5 pm
\$2.00 Admission
Sorry, No Strollers/Children Under 12 FREE.
WIL-FM BLOOD DRIVE
Saturday April 1st
9am - 2pm
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Every Friday
11 am - 7 pm
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Businesses & Schools
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Everyone Welcome
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Monthly Fish Fry
St. Elizabeth Church
Friday
4:00 PM-7:00 PM
"Serving New Icelandic
Codfish, Catfish, Jacks"
Dinners & Sandwiches
Every Friday
During Lent
Including
Good Friday

LENT FISH FRY
EVERY FRIDAY
3-7 PM
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Sandwich or Plate - Carryouts Available
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APRIL SPECIAL
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FAMILY STYLE DINNERS...real mashed potatoes.
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GRAND OPENING MARCH 31
Watch the games in a BIG way on SHOOTERS 120" screen! LIVE MUSIC on Sunday & a D.J. during the week!
College night is THURSDAYS with great late nite food & pitcher specials all at COLLEGE PRICES!
We're also open for LUNCH!
1/2 lb. SHOOTER'S BURGER \$1.49
1/2 lb. LONG DOG \$1.95
CHICKEN SANDWICH \$2.95
1/2 lb. PRIME RB SANDWICH \$4.25
1 lb. HOT WINGS \$2.55
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NACHOS \$1.75
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1 lb. PRIME RB CHICKEN \$6.75
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EXTRA ITEMS \$2.95
SAUSAGE HAMBURGER, PEPERONI, MUSHROOMS, JALAPENOS, ONIONS \$1.55
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Our event
includes entries groups and their days. Such groups first Monday or first Tuesday or Readers are encouraged, a may be added, deletions of these groups if days pose uncertainty. Corrections, deletions of these groups if days pose uncertainty. Corrections, deletions of these groups if days pose uncertainty.

Wednesday, April 26
Disabled A Chapter 53 will officer from 11 a.m. to 1 p.m. at 1417 19th St. Call 876-7816 for information.
Granite City from 6 to 9 p.m. City Public Library, information, call Mount Zion Church, 2827 N. Granite City, clothing available from 10 a.m. to 1 p.m. Pulmonary persons with condition, 11 a.m. to 1 p.m. Solarium Medical Center. Wrestling series and a tough question held from 5:30 p.m. First Presbytery Delmar Ave. Bring your own Alcoholics Anonymous 8 p.m., 21st son, Granite City 307-6600. Alcoholics Anonymous Elizabeth Ark Day Care Granite City closed except Wednesday of Collinsville District in Collinsville and Slip Club will sponsor lessons from 7 am, 2200 Van ville. The cost son. Per information. 344-4183, or 346-7529. Divorced an ministry, 7-8: ed Church of Street, Edward Al-Anon, 7: Foundation, 6 ville, 463-2429. Parents A meets 6 h tion on where

Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Collections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, March 29

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library for more information, call 876-4328.

Mount Zion General Baptist Church, 2827 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from 10 a.m. to noon.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Decors Auditorium, St. Elizabeth Medical Center, 788-3019.

Wrestling With Angels, a TV series and discussion of the tough questions of life, will be held from 5:30 to 6:45 p.m. at First Presbyterian Church, 2108 Delmar Ave., in Granite City. Bring your own snacks.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Stippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Latham, 2200 Vandavia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30-8 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-8266.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be

held, call Elaine Landolt, 463-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2636 or Diane at 876-1360.

Thursday, March 30

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 806 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (300) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (300) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Take Off Pounds Sensibly Chapter 2563, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 787-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 338-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 831-0443.

Friday, March 31

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-6350 for more information.

Holy Family Catholic Church, 2606 Washington Ave., in Granite City, will offer a Lenten fish fry

from 4 to 7 p.m. Hand-dipped cod fish, choice of spaghetti or fries and slaw will be offered in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for sandwiches and 50 cents for homemade desserts. Carry-outs are available.

Rules of the Road course will be held from 9 to 11 a.m. at the Granite City Township building, 2000 Delmar Ave., in Granite City. For more information, call 877-4373.

ShowTime Express Inc. will host a taco sale beginning at 5 p.m. at Ernie and Annie's, 935 Niedringhaus Ave. in Granite City. Delivery is available for orders of two or more dozen. Call 877-5071.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 788-3804 for more information.

Saturday, April 1

Madison County Humane Society will hold an adopt-a-pet day from noon to 4 p.m. at the PetMart store in Fallon.

Polish Pierogi Sale, Sacred Heart of Jesus Church, 930 Reynolds, Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and more. Carry-outs only \$6 per dozen. Cooked and ready to heat and eat. Also available are churros and rosettes at \$2 per plate. Order ahead by calling 876-5860.

Singles Connection, Dinner at Chevy's Mexican Restaurant, Highway 170 at Olive, St. Louis. The group will carpool from the truck stop at Highway 55 70 at Route 203, in Madison. Call Carl at 452-1762 for more information.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 338-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, April 2

Piassa Gateway Chapter Inc. will host the ninth annual A.B.A.T.E. Freedom Run in combination with the annual poker run. Sign up will be from

11 a.m. to 1 p.m. at Earnie's, Route 140 and Highway 157 in Hanel. The first hand is \$8 and extra hands are \$1. All vehicles are welcome. Trophies and plaques will be awarded. Call (618) 528-4903 for more information.

Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Charlie's Steak House. The meetings are open and the public is invited.

Senior Social Club, meets at the Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

Singles Connection, a picnic at Woodland Park in Collinsville. Meet at 2 p.m. Bring softball equipment for a game after more information.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Church Women United will present "Music, Music" from 2 to 4 p.m. at St. Elizabeth Catholic Church, 2300 Pontoon Road, in Granite City. Admission is \$3.50. All proceeds will benefit the Church Women United's work in the community. Call any local church for more information.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 338-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Binge, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle and a 50/50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiseman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, April 3

Disabled American Veterans Chapter 53 Auxiliary, 1417 19th St., Granite City, 876-7816, 8 p.m.

Old Six Mile Historical Society will hold their general meeting at 7 p.m. at Central Christian Church, 2020 Johnson Road in Granite City. The speaker will be Mike Sparks, who will discuss the history of the Granite City Police Department.

Quad City Youth Fellowship Adult Board, 2257 Cleveland, 7 p.m., 931-9480 or 877-4646.

Camera Explorers Club, Hart-

ford Public Library, 143 W. Hawthorne St., 7 p.m., call Beverly Zager, 254-9384.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2948 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, April 4

Diabetes Support Group, 1 to 3 p.m., President's Room, St. Elizabeth Medical Center, 788-3436.

Singles Connection will play volleyball at 6:30 p.m. the YMCA, Esic Drive, Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-4315 for more information.

Alliance for the Mentally III of Madison County (AMI) meets 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3804.

Elkettes, Granite City Lodge 1063, Maryville Road, 931-3957, 7 p.m.

Granite City Unit, Madison County Homemakers Extension Association, noon, Anchorage Recreation Center. For more information call 876-7026 or 931-3735.

Trio Unit, Madison County Homemakers Extension Association, noon, Hope Lutheran Church, 3715 Wabash Ave., Granite City.

Pontoon Beach Library Board, Pontoon Beach Village Hall, 3910 Highway 111, 6:30 p.m.

Madison County Legal Secretaries Association, meets at 6:30 p.m. at Casablanca Restaurant, Belleville. Open to everyone in legal field: attorneys, legal secretaries, support staff, court

reporters and court personnel. For more information call Lisa Lange at 656-4646.

Depressive Manic Depressive Association of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center. James E. Lewis and Karl A. Strassman, co-leaders of the DMDA, will conduct the meetings. For more information, call 877-7517 or (314) 776-4929.

TOPS 1699 (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-0078.


Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 463-2429.

Alateen and PreAlateen Program for 12 to 17 year group and prelateen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is

PSYCHIC AND TAROT CARD READINGS
By Gabriel



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FAMILY



GCHS debate team members who won in the CARD League include, from left, front row, B.J. Yurcinis, Brian McMillan and Jason Potter; back row, Jason Potter, Amanda Solomon and Brian Griffith.

High school debaters win varsity division

Granite City High School debate team members won the varsity division of the Pontiac High School debate tournament recently and doing so clinched first place in the Coalition to Advance Reasonable Debate League. Points are taken from the best four of seven tournaments to determine a winner. Twenty schools are in the league.

Granite City defeated second-

place Chesterton, Ind., High School for the third year in a row. Chesterton has won the National Forensic League's national debate tournament five of the last six years. At Pontiac, Jason Potter finished second in novice, B.J. Yurcinis was third in varsity, Jason Mathes was second and Brian McMillan was the tournament champion.

Military

Stephen Horton

Air Force Senior Airman Stephen B. Horton has been decorated with the Air Force Commendation Medal. The medal is awarded to those individuals who demonstrate outstanding achievement or meritorious service in the performance of their duties on behalf of the Air Force.

Horton, a staff writer, is the son of Patricia J. Johnston of St. Louis and Daniel R. Horton of Pontoon Beach.

Daniel Horton

Army Sergeant Daniel R. Horton Jr. has arrived for duty at Camp Carroll, Waegwan, South Korea.

Horton, a food service specialist, is the son of Daniel Horton Sr. of Pontoon Beach and Patricia Johnston of St. Louis.

John Kirchner

Army Private John A. Kirchner has graduated from a helicopter repair course at Fort Eustis in Newport News, Va. During the course, students learned to perform direct and general support maintenance on helicopters. Also included were instruction in safety practices, usage of ground support equipment and special and precision tools.

Kirchner, the son of RuthAnn Payne of Granite City is a 1994 graduate of Granite City High

School.

William Coker

Army Reserve Private William D. Coker has completed a Department of Defense basic journalism course at Fort Benjamin Harrison in Lawrence, Ind.

During the course, emphasis was placed on newspaper design techniques, photo journalism and writing of news, sports and feature stories. Also covered were media and community relations and aspects of internal information to give the students an understanding of public affairs.

Coker is the son of Larry E. Coker of Granite City. The private is a 1994 graduate of Granite City High School.

Paul Roan

Navy Seaman Paul A. Roan, son of George F. and Ruth Roan of Pontoon Beach, recently completed U.S. Navy Basic Training at Recruit Training Command in Great Lakes, Ill.

During the eight-week program, Roan completed a variety of training, which included classroom study, practical hands-on instruction and a emphasis on physical fitness. In particular, Roan learned naval customs, first aid, fire fighting, water safety and survival and a variety of safety skills required for working around ships and aircraft.

Roan and other recruits also received instruction on the Navy's core values — honor,

courage and commitment; and what the words mean in guiding personal and professional conduct.

Roan is a 1993 graduate of Granite City High School.

John Berosky

Navy Commander John M. Berosky, son of Katherine Berosky of Granite City, recently participated in two weeks of active duty training for reservists.

During the training with Military Sealift Command, Far East, Yokohama, Japan, Berosky received information and practical application relating to current military procedures and policies.

The 1989 graduate of Granite City High School joined the Navy in January 1974. Berosky is a 1975 graduate of the University of Illinois at Urbana with a bachelor's degree and a 1983 graduate of Southern Illinois University at Edwardsville with a master's degree.

Brian Corey

Navy Lieutenant Brian K. Corey, son of Larry W. and Carol A. Corey of Granite City, recently reported for duty at Naval Air Weapons Station, China Lake, Calif.

He joined the Navy in January 1986. Corey is a 1985 graduate of the University of Illinois with a bachelor of science degree.

Keith Ray

Marine Private First Class

Keith A. Ray, a 1993 graduate of Granite City High School, recently was promoted to his present rank while serving with the Second Assault Amphibious Battalion, Second Marine Division, Marine Corps Base, Camp Lejeune, N.C.

He joined the Marine Corps in February 1994.

David Whitsell

Navy Chief Petty Officer David E. Whitsell, son of Eunice L. Whitsell and David L. Whitsell of Granite City, has been serving off the coast of Mogadishu, Somalia, aboard the dock landing ship USS Fort Fisher as part of the international task force assembled to withdraw United Nations forces from Somalia.

Whitsell arrived in Somalia in late February after completing half of a six-month deployment to the western Pacific and Indian oceans and Persian Gulf aboard the 558-foot-long ship.

Whitsell is one of 3,800 sailors and 2,600 Marines who made up a four-ship amphibious landing force which assisted in the final withdrawal of U.N. peacekeepers from Mogadishu. Joining USS Fort Fisher were USS Essex, USS Belleau Wood, USS Ogden and the 13th Marine Expeditionary Unit. The primary mission of the Marines was to provide security for the final stages of the withdrawal.

The 1975 graduate of Granite City High School North joined the Navy in May 1975.

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A Family Preparedness Program

ARE YOU READY
for Illinois' Next Disaster?

INTRODUCTION

Would you know what to do if an earthquake struck this area? What about a tornado? What can you do to protect you and your family from extreme cold weather conditions? What should you do if a hazardous material spills or leaks into the air? The Family Preparedness Program, developed by the Illinois Emergency Management Agency, is designed to provide area residents with useful information about various types of natural disasters and what each of us can do to prepare ourselves and our families for emergencies. We want you to be ready.

SPEAKERS

Terry Walther, Vice President, Memorial Hospital and Region IV Disaster Coordinator
Norm Acker, St. Clair County Emergency Services and Disaster Agency
Donald Schneider, Safety and Security Director, Memorial Hospital
Ron Volkman, Assistant Chief, Belleville Fire Department
Sandra Knight, RN, Region IV-B EMS System Coordinator

DATE, TIME AND PLACE

Wednesday, March 29, 1995
7 to 9 p.m.
Memorial Hospital Auditorium

INFORMATION

The program is free; however reservations are requested. Call Memorial's Community Relations Department at (618) 257-5649.

This program is provided as a community service by Memorial Group, Inc. and Memorial Foundation, Inc. on behalf of Memorial Hospital.



MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62223

Today's Food

Wednesday, March 29, 1995

Food & Nutrition

Wise Ways

An allergy or intolerance to certain foods poses a challenge in eating and cooking choices.

INSIDE

Living Lean for Adults

Children's eating habits hinge on how their parents understand nutrition.

INSIDE

Blue Ribbon Cook

The tang of orange juice and sweetness of brown sugar make sweet potatoes a winning vegetable throughout the calendar year.

INSIDE

Private Label Test Run

Animal cookies are an economical treat when they come from a box packaged with a private label, like Flavorite from Dierbergs.

INSIDE

Micro Raves

Jump start an on-the-go breakfast by starting it in a microwave oven.

INSIDE

Lively Taste

Add zest to fruit salad. Blend equal amounts of lemon juice and sugar or honey. Drizzle over favorite fruits. A pinch of cinnamon and a spoonful of grated orange or lemon peel blend well, too.

Health & Fitness

Medicine Chest

March is prime time for looking in closets and pantries to avoid a poisoning at home. Poisonings most often involve cleaning products, analgesics, cosmetics, plants, and cough and cold medicines. Children act fast. So do poisons. Take preventive steps.

Fresh Picks

There may be a supply gap in some vegetable crops for the next month. Because many varieties of fresh produce this time of year come from California, some will be in high demand and short supply because of the deluges of 1995. This can result in fewer seasonal bargains, plus variable quality. It may be wise to buy fruits and vegetables from California with an eye to short storage. Just as farmers had trouble starting and tending plants in the mud, they also are harvesting between showers. Waterlogged food may not keep as long.

Big Fat Tip

A typical homemade pancake is a leaner choice than a waffle, because waffles usually contain extra oil to avoid sticking to the iron. Avoid covering them with butter or margarine to keep down fat.

Future Shop

Tasty ideas do not die. Now that french fries have edges with spicy seasonings, a 'new' flavor is in the works: ketchup. Could it mean the end of squished plastic ketchup packets on the floor of the car?

Eating RIGHT

By Janice Denham
Staff writer

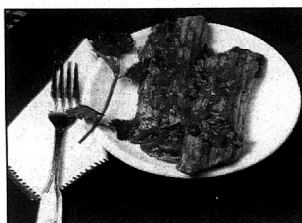
According to entries in the Eating Right Recipe Contest, people are getting smarter and smarter about eating with a healthier outlook.

Registered dietician Rita Telken, a volunteer for the American Heart Association, St. Louis Chapter, headed the contest. The local group co-sponsored the contest with *Suburban Journals*.

"All these entries show people have learned a lot," she says.

Winners received a heaping basket of healthful cooking ingredients from Schnuck Markets and an American Heart Association cookbook.

Keeping fat, cholesterol and sodium at a healthful — and delicious — level is possible, according to the recipes. From cheesy sandwich delights to lasagna, enchiladas to chili, bean dip to cobbler, eating lean was a delight



A helping of Mexican Manicotti fills a hearty appetite with a winning dish from the microwave oven.

Styling by Janice Denham
Photos by Rick Graefe

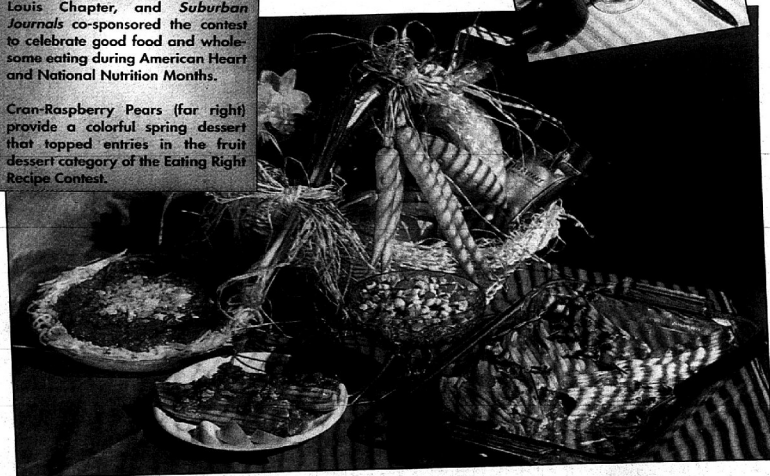
for the dietitians who read the recipes and tested the winners.

In the quick-cooking main dish category, Mary Speckling, St. Charles, provided the winning Spaghetti Pie. She switched cheeses to fat-free and left yolks out of the spaghetti "crust."

She says she and her husband, Carl, are "runners and love to eat." In spite of his heart attack five years ago, careful eating allows them to continue their sport. They just finished running their 10th marathon at age 64.

Top dishes of Spaghetti Pie, Mexican Manicotti and Marinated Black-Eyed Peas in the Eating Right Recipe Contest surround a winning basket from Schnuck Markets. The American Heart Association, St. Louis Chapter, and *Suburban Journals* co-sponsored the contest to celebrate good food and wholesome eating during American Heart and National Nutrition Months.

Cran-Raspberry Pears (far right) provide a colorful spring dessert that topped entries in the fruit dessert category of the Eating Right Recipe Contest.



Wicked Apples

In a saucepan over medium-low heat, cook 4 apples, peeled and sliced, with 1/2 cup red-hot cinnamon candy and 3 tablespoons water until candy is melted and apples are tender when you stick a fork into them. Add an extra spoonful of water at a time, if necessary, to let fruit cook to desired doneness.

Like the prettiest apple Snow White ever was offered, the apples will be bright red.

From Tori Sheldon, age 6, Festus
Winner, Snow White's Apple Contest

By preparing the meat and noodle layers at the same time, it comes under the 30-minute guideline. A tester suggested making two pies at a time and freezing the second for another occasion. Leftovers — if there are any — are exceptional.

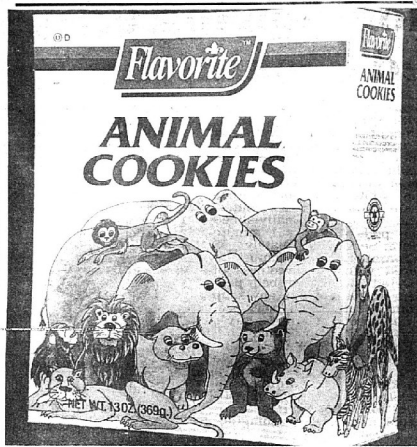
The winning microwave dish is Mexican Manicotti by Donna Hudson of DeSoto. Cooking the noodles straight from the box slowly with lots of liquid makes this type of dish easy in a microwave oven.

Only four ingredients plus two ordinary spices make this dish extraordinary and the recipe a definite "keeper." In fact, it was a recipe judges were interested in sharing — even if it didn't win a prize.

SEE EAT RIGHT,
INSIDE TODAY'S FOOD PAGE 2

Today's Food

Private Label Test Run



Eating animal cracker cookies with your soup is a time-honored tradition that can be a less-expensive habit with a private label brand, like Flavorite from Dierbergs.

Animal cookies gain all purrs, no growls

Suburban Journals' testers put a little tiger in their tank and gorilla in their grin by sampling Flavorite animal cookies from Dierbergs.

"The box is really full. I'd forgotten what a neat snack these are," one taster said.

Flavor was not the only inviting thing about them.

"They have a nice aroma. Sort of an inviting lemon-type flavor," another said.

The assortment of jungle animals was additive.

"I'm tempted to buy them because they're little and you can just grab a handful," a tester added.

Their nutrition analysis was similar to national brands, with 10 cookies amounting to 3 grams fat and 120 calories.

"It's hard to point out anything different because they are pretty much the same (as national

brands)," a taster said.

Testers noted animal cookie shapes were almost all intact, with only a few having edges crumbled on top of the package.

The price was different, however, with the bargain going to the Flavorite brand. A 13-ounce package costs \$1.29, whereas a 13-ounce package of a national brand at Dierbergs regular costs \$1.79.

Thus, per-ounce cost jumps from 10 cents to 15 cents. Animal cracker cookies in an individual 2-ounce package with a circus design cost 79 cents, thus putting that price at almost 40 cents per ounce.

"It would be fun to send a little (individual) package to school with a child, but you could buy a box of Flavorite crackers, which would last a long time, for the price of two little cartons of the others," a tester pointed out.

HOT AND SPICY BEANS

- 1 lb. lean ground beef
- 1 large onion, chopped
- 1 bell pepper, chopped
- 1 pkg. chili seasoning mix
- 2 tsp. ketchup
- 2 tsp. green chiles,

- drained, chopped
- 1 can (42 oz.) pork and beans
- 2 cloves garlic, minced

Brown ground beef. Drain. Add onion and bell pepper. Cook until tender. Stir in chili seasoning, ketchup, green chiles, pork and beans and garlic. Cook over low heat, stirring occasionally, 1½ hours. Makes 8 servings.

Eat Right

Continued from page 1C.

The South won the race in the ethnic contest as Marinated Black-Eyed Peas from Kathie Hoette of Montgomery City took the prize. Judges thought it was a good example of how a small amount of higher-fat ingredients — in this case mayonnaise and oil — can add hefty flavor without eliminating a dish from a healthful contest.

A tester recommends adding color and crunch with dried vegetables and serving the dish as a light main dish for lunch.

Of course, everyone waits with anticipation for dessert. This category requested one with fruit and Lori Briggs, St. Louis, suggested fresh pears marinated in juice for lightly-spiced flavor and rosy color. Its main tester suggests adding a fat-free frozen dessert on an elegant occasion.

MEXICAN MANICOTTI

- 1 lb. (90 percent fat-free) ground turkey
- 1 can (16 oz.) low-fat refried beans
- 1 tsp. oregano
- 1 tsp. cumin or chili powder
- 10 uncooked manicotti shells
- 1 jar (16 oz.) picante sauce
- 2 cups (1 jar) water

Crumble and cook turkey until done. If desired, cook 4 to 6 minutes on high power in microwave, stirring every 2 minutes.

Combine turkey with beans, oregano and cumin. Stuff shells with mixture. Place in 13-by-9-inch microwave-safe dish, leaving space between shells. Mix picante sauce and water and any remaining filling. Pour over stuffed noodles. Cover with plastic wrap and vent edge. Microwave 15 minutes on medium (50 percent) power. Turn over with tongs. Recover with wrap. Microwave on medium power 15 to 18 minutes until done. For softer texture, let sit, covered, 10 minutes longer. Makes 5 servings; 401 calories, 12 g fat, 46 g carbohydrate, 925 mg sodium, 51 mg cholesterol and 8 g fiber.

Living Lean for Adults

By KATIE DUGGAN

Children tip off parents about what they will eat

Mealtime often challenges parents.

Preschool children may want to eat only raisins one week and only pickles the next. School-age children may willingly eat only what they see their friends eat in the cafeteria.

A lot of misleading information circulates about what, how and when children should be fed. Answer each statement with True or False to see whether your current nutrition thinking is sound.

1. Honey is a wholesome sweetener for infants.
2. Giving an infant or toddler a bottle of milk or juice at bedtime helps soothe him to sleep in his crib.
3. Children avoid vegetables.

4. An overweight child should be put on a diet to lose weight.

5. A child should "clean her plate" at each meal.

All the statements are false. Here is why:

1. Honey can be given to a child less than one year old. The immune system of an infant has not developed yet to that of an adult, so it may not react to the clostridium botulinum spores in honey, which can lead to botulism food poisoning.

Honey can be given in small amounts to a child after that first birthday.

2. Drinking a bottle of milk or juice while lying in bed can cause the liquid to "bathe" a child's teeth. This destroys tooth enamel and leads to dental caries. The

official name for this is "nursing bottle syndrome." To help break the cycle of a bottle at bedtime, replace the milk or juice with water.

3. A child's automatic dislike of vegetables is a myth. Children eat food they know, so offer a wide variety of all foods including vegetables.

Given an opportunity, the extent of their experimentation may be surprising. If a child balks at soft cooked vegetables, serve them raw and crunchy if the child is old enough not to choke on them. For a treat, serve them with a low-fat dip. If they object to "crunch," cook them, even mash them.

4. A child should be helped to grow into his or her current body weight, rather than encouraged to lose weight. Weight loss in a growing child is not healthy.

Instead, encourage moderate eating habits that keep a child's body weight in line. Be a good example for both. Offer a wide variety of lower-fat foods and don't overdo portions. Adequate servings of a wide variety of foods ensures a child will get all the nutrients needed for normal growth and development.

5. A child forced to clean the plate at every meal is learning to overeat, in spite of his appetite.

Overall, balance, variety and moderation are key components to a healthy diet. Feeding children is a challenge, but understanding a

child's individual eating behaviors helps minimize struggles at the kitchen table.

An older child can help make this Pop Snack. It is from the American Heart Association's "Kids' Cookbook."

Registered dietitian Katie Duggan is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

POP SNACK

- 1 pkg. light microwave popcorn
- ¼ cup dried apple, peach or other fruit
- ½ cup small unsalted pretzels
- ¼ cup dry-roasted unsalted peanuts
- ¼ cup raisins

Pop corn as directed on package. Wear oven mitts to remove bag from oven. Open very carefully, turning bag opening away from face. Put 1½ to 2 cups popcorn in bowl.

Use kitchen scissors to cut fruit in ¼-inch pieces. Add to popcorn.

Add pretzels, peanuts and raisins. Using wooden spoon, toss until mixed. Serve at once.

Makes 2 servings; 242 calories, 7 g protein, 37 g carbohydrate, 9 g fat, no cholesterol, 46 mg sodium and 25 mg calcium each.

By BETTY SERATI

Micro Raves

Skipping breakfast is bad idea

Almost everyone agrees breakfast ranks as a most important meal. However, when asked, many people do not practice what they preach. They skip breakfast.

Reasoning behind this dichotomy often is two-fold. They want to lose weight and they lack time.

As March closes on National Nutrition Month, it is time to spring into the rest of the year focused on better breakfasts.

Interestingly, studies show those who skip breakfast often tend to have a weight problem. Generally, calories saved by omitting that important first meal of the day — and sometimes more are consumed later in snacks and larger quantities

at lunch or dinner. In addition, the energy boost gained from a nutritious breakfast is lost to breakfast skippers.

Breakfast is important to adults, but it is especially important to children. Research shows children who skip breakfast tend to be overweight and often have both academic and discipline problems in school. These children frequently are more disruptive and have lower test scores coupled with less enthusiasm for learning.

The second reason for breakfast skipping — lack of time — can be overcome with a bit of forethought and a microwave oven.

Using a microwave short-cut preparation time and cleanup time — both essen-

tial to the morning rush. After all, breakfast can be as simple as instant oatmeal — dry oatmeal and water or milk — prepared in a microwave.

For breakfast-to-go, top a bagel with a thin slice of ham and a piece of cheese. Microwave 20 to 30 seconds on a paper towel.

Breakfast is ready with barely a crumb to clean. For delicious variety, add thinly sliced fruit to the ham and sprinkle with brown sugar.

Breakfast bars are popular supermarket areas. Their convenience is appealing, but usually they are expensive.

- 1 tsp. cornstarch
- ¼ cup fresh raspberries, if desired

In medium saucepan over medium heat, cook pear halves, cinnamon stick and juice 5 to 10 minutes until pears are slightly tender.

Refrigerate, covered, 2 to 3 hours until pears are pink.

Remove pears from juice. In saucepan, combine 1 cup juice with cornstarch. Cook over medium heat until mixture boils and is thick and clear.

Boil 1 minute, stirring constantly.

Return pears to "uncooked" juice. Refrigerate, covered, 4 hours or until cold.

To serve, place pear half on each of 4 dessert plates. Spoon sauce over and around pears. Top with raspberries.

Makes 4 servings; 132 calories, 34 g carbohydrate, no fat or cholesterol and 3 g fiber each.

MARINATED BLACK-EYED PEAS

Sweet potatoes win this week

Donna Duspiwa, St. Louis, is winner of this week's recipe contest for Candied Sweet Potatoes with Orange Juice. For it she wins a prize of dinner certificates at the Pasta House Co.

She created the dish when asked to bring sweet potatoes to a family gathering. Although it is an annual holiday request, this dish could make sweet potatoes a year-round favorite. Amounts can fit the size of the group dining. To make just 4 servings, heat 2 medium sweet potatoes, cooked and sliced, and ingredients to match in one layer of a 9-inch square pan 20 to 30 minutes.

Recipes in the Spring Fruits and Vegetables Recipe Contest are due this week. They will be accepted through March 31 for consideration as winner each of the four weeks in April.

Send one recipe per household to: Spring Fruits and Vegetables Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. Any type of dish that uses traditional spring ingredients — such as asparagus, spring greens or onions — will be considered.

Tea or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

CANDIED SWEET POTATOES WITH ORANGE JUICE

- 5 lb. sweet potatoes
- 2 tbsp. vanilla extract or 1 whole vanilla bean
- Brown sugar as needed
- 5 or 6 juicy oranges
- 1 cup (2 sticks) margarine, cut in 1 tsp. pats

Preheat oven to 350°. Grease 9-by-13-inch pan. Sprinkle brown sugar lightly on bottom of prepared pan. Lay 8 to 10 pats margarine over sugar.

Peel potatoes. Cut in half horizontally. Boil with vanilla until just fork-tender.

Squeeze oranges. Grate peel.

Drain potatoes. Cool until easy to handle. In pan with brown sugar, slice to form solid layer. Sprinkle with more brown sugar. Dot with a few pats margarine. Moistened with enough juice to penetrate sugar. Sprinkle top lightly with orange peel. Pour any remaining juice over dish.

Bake in preheated oven 40 to 45 minutes, basting every 15 minutes, until juice is syrupy and potatoes are heated.

- 1 can (15 oz.) black-eyed peas (2 cups cooked)
- 1 rib celery, chopped
- 1 tsp. oil
- 1 tsp. mayonnaise
- 1 tsp. vinegar
- 1 tsp. chopped onion
- Pinch cayenne pepper
- 1 tomato, diced

Drain peas. Rinse with cold water. Drain well. Combine celery, oil, mayonnaise, vinegar, onion and cayenne. Pour over peas.

Stir gently. Chill several hours or overnight. Carefully mix in tomato at serving time.

Makes 4 servings; 168 calories, 20 g carbohydrate, 5 g protein, 7 g fat, 1 mg cholesterol, 370 mg sodium and 4 g fiber each.

Tips: Switch types of beans or use raspberry, balsamic or other flavored vinegar. Add chopped fresh vegetables — such as broccoli, carrot or green pepper — for flavor, color and crunch.

Serve on bed of chopped lettuce. For less fat, use light or nonfat mayonnaise.

- each.
- Tips: To lower fat more, use 97 percent fat-free ground turkey; saute less meat with finely chopped bell pepper, onion and garlic; use fat-free refried beans.

SPAGHETTI PIE

- 6 oz. uncooked spaghetti
- 2 egg whites
- 1 lb. (90 percent fat-free) ground turkey
- ½ cup fat-free parmesan cheese
- ½ cup chopped onion
- 1 can (8 oz.) chopped tomatoes
- 1 can (6 oz.) tomato paste without added salt
- ½ tsp. garlic salt
- ½ tsp. oregano
- 1 cup fat-free cottage cheese
- ½ cup fat-free mozzarella cheese

Preheat oven to 350°. Coat 9-inch pie pan with nonstick cooking spray. Cook spaghetti according to package directions. Drain. Stir in parmesan cheese and

egg whites. Mold in prepared pan to form crust.

Place cottage cheese on spaghetti.

Cook turkey with onion. Mix in tomatoes with juice, tomato paste, garlic salt and oregano. Place on top of cottage cheese. Bake, covered with foil, in preheated oven 20 minutes.

Just before serving, sprinkle with mozzarella cheese.

Makes 8 servings; 272 calories, 24 g protein, 12 g fat, 25 g carbohydrate, 44 mg cholesterol and 2 g fiber each.

Tips: Use 97 percent fat-free ground turkey or chicken for less fat; reduce sodium by using fresh or salt-free canned tomatoes and garlic powder instead of garlic salt.

CRAN-RASPBERRY PEARS

- 2 large pears, peeled,
- 1 stick cinnamon
- 2 cups raspberry-cranberry juice

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Good Health

By MELANIE POLK

Green onions spring up with prized cooking flavor

The onion family of vegetables has received a lot of attention in nutrition research for its links to lower incidence of certain cancers. Green onions — also known as scallion or spring onion — are often the first crop from the spring vegetable garden.

Green onions are found in the produce department tied in small bundles. Look for onions with fresh, crisp-looking green tops and dark leaves. The necks should be white two to three inches along the root. They last about a week when refrigerated. Although available year-round, they are most abundant now through summer.

Many people eat green onions raw, using only the white root end of the stalk and discarding the top portion with the green stems. In Asian cuisine, however, the green stems are highly prized and make a delicious addition to stir-fry. Green onions are most nutritious eaten with their tops which add lots of vitamins C and A, and iron.

Add a little chopped raw green onion to creamed soup or vegetables just before serving for an added burst of flavor.

Another way to use it is to make a bright and crisply-flavored green onion soup.

Saute 2 cups sliced scallion with green tops in a small amount of chicken broth and 2 teaspoons minced ginger root. Add 3 tablespoons reduced-sodium soy sauce, 6 cups chicken broth, 1/2 cup dry white wine and salt to taste. Cook 1 to 2 minutes. Add 1 cup diagonally-sliced pea pods. Simmer 1 minute more. Serve immediately.

Tomato-Scallion Soup is flavored with the sweetness of roasted sweet red bell peppers and is not like any soup from a can. Each bowl provides more than a day's worth of vitamins C and A. For a free brochure featuring other delicious vegetable and fruit recipes, send a stamped, self-addressed envelope to: American Institute for Cancer Research, Department AP, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the AICR.

1 jar (6 oz.) roasted sweet red pepper, drained
3 cups water
1 can (28 oz.) crushed tomatoes in tomato puree
3 tsp. or cubes reduced-sodium vegetable or chicken bouillon
1 1/2 tbsp. leaf basil
1 tsp. parsley flakes
2 tsp. leaf thyme
1 can (16 oz.) tomatoes without added salt
3/4 cup evaporated skim milk

Heat large saucepan or Dutch oven over medium-high heat 30 to 60 seconds. Reduce heat to medium-low. Add oil. Roll oil around pan to coat pan bottom evenly. Add scallion. Cook 8 to 10 minutes until tender. Add garlic. Cook 1 minute.

In blender or food processor, puree mixture with 1 cup water. Add to scallion with 2 cups water, crushed tomatoes, bouillon, basil, parsley and thyme.

Drain juice from canned tomatoes into pan. Coarsely chop tomatoes and add to pan. Cook 10 to 15 minutes.

Add evaporated milk. Cook a few minutes until heated through. Do not let mixture boil or milk may curdle. Makes 4 servings, 3 g fat and 135 calories each.

TOMATO-SCALLION SOUP

2 tsp. olive oil
3/4 cup chopped scallion (green onion)
1 tbsp. minced garlic

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Today's Food

Quick Quisine

Have fun with 'coney's' newly decked in spud duds

Sometimes it's fun to plan a meal just for kids. More than likely, everybody will love it. Start with favorite ingredients, like ground beef, potatoes and cheese.

How to put it all together? Make Coney Island Taters. Quick-cooking ground beef and prepared barbecue sauce make this meal easy and fast — about 25 minutes from start to finish in a microwave oven.

Older kids might like to help prepare this dish or one of its versatile variations. First, the ground beef is browned in a skillet with onion. Ground beef should be cooked over medium heat just until it is no longer pink. Stir in the barbecue sauce and simmer 10 minutes to blend flavors.

While the ground beef mixture simmers, microwave potatoes until tender. To serve, cut them lengthwise in quarters and arrange on plates. Top with the beef mixture and sprinkle with ready-to-use-shredded cheddar cheese.

This economical ground beef mixture also stars in other kid-appealing favorites.

For Coney Island Pizza, spread it over a pizza crust or thin Italian bread shell, top with cheese and bake a few minutes to melt the cheese. For a sloppy joe

sandwich, spoon it into toasted hamburger buns and top with cheese. Carrot sticks or cherry tomatoes and fresh fruit complete this happy-go-lucky meal.

CONEY ISLAND TATERS

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 1 cup prepared barbecue sauce
- 2 large all-purpose potatoes
- ½ cup (2 oz.) shredded cheddar cheese
- ¼ cup sliced green onion, if desired

In large skillet over medium heat, brown ground beef and onion 8 to 10 minutes until beef is no longer pink, breaking in ¾-inch crumbles. Pour off drippings. Stir barbecue sauce into beef.

Over medium-low heat, simmer, covered, 10 minutes. Pierce potatoes in several places with fork.

On paper towel, microwave on high power 10 to 11 minutes until tender, rearranging potatoes halfway through cooking.

Cut potatoes lengthwise in

quarters. Cut each crosswise in half.

Arrange 4 pieces potato on each serving plate. Top with beef mixture. Sprinkle with cheese. Top with green onion.

Makes 4 servings; 386 calories, 30 g protein, 34 g carbohydrate, 15 g fat, 672 mg sodium and 65 mg cholesterol each.

Coney Island Pizza: Preheat oven to 450°. Prepare beef mixture. Spread evenly over one 12-inch, thin-crust, Italian bread shell or prepared pizza crust.

Top with 1 cup (4 ounces) shredded cheddar cheese and green onion.

Bake in preheated oven 8 minutes or until cheese is melted. To serve, cut in wedges.

Makes 4 servings; 538 calories, 39 g protein, 42 g carbohydrate, 23 g fat, 1,128 mg sodium and 105 mg cholesterol each.

Coney Island "Burgers": Prepare beef mixture as directed. Spoon evenly into 4 split, toasted hamburger buns.

Top with cheese and green onion.

Makes 4 servings; 402 calories, 30 g protein, 32 g carbohydrate, 17 g fat, 866 mg sodium and 87 mg cholesterol each.

SUGARY HONEY NEEDS WARMTH

If honey crystallizes, warm it in a microwave-safe glass container at least 30 seconds — up to 2½ minutes on high power — until honey is fluid and crystals have melted. If heated until very warm, beware of its ability to burn as it flows freely.



Coney island toppings give baked potatoes a new image.

Cheddar still tops with cheese-lovers

Who is the country's big cheese? In Washington, D.C., some would hold it's Newt Gingrich, others would call out the name of Bill or Hillary Clinton.

To celebrate its 75th anniversary, County Line cheese commissioned a national consumer survey to find out. The answer is cheddar cheese, an old reliable friend when it comes to melting favorably with flavor.

As with all foods, the key to healthy eating is moderation. Cheese is no exception to that rule. It is nutrient-dense and high in protein, so it can be a good replacement for meat when used with discretion.

MACARONI WITH CHEESE

- 4 oz. (1 cup) uncooked macaroni
- ½ cup milk
- ½ cup or more grated cheddar cheese

Bring 1 quart water to boil. Slowly add macaroni. Boil 15 to 20 minutes, stirring occasionally.

Stir. Over low heat, add milk. Heat until warmed through.

Place in serving dish. Sprinkle with cheese. Add topping, if desired. Makes 4 servings.

OPEN-FACED EGGPLANT-PEPPER SANDWICHES

- 8 slices eggplant, ¼ inch thick
- ¼ cup flour
- Oil for frying
- Salt and pepper
- 4 slices Italian bread
- 1 clove garlic, cut in half
- 6 oz. thinly-sliced baby Swiss cheese (from deli)
- Fresh leaf basil
- ¾ cup roasted red pepper (about 2 medium)
- 6 oz. thinly-sliced Monterey Jack cheese with peppers

Preheat oven to 450°.

Coat eggplant with flour. In 2 tablespoons hot oil over medium-high heat, cook about 2 minutes on each side until soft, adding more oil if necessary. Season with salt and pepper.

Brush one side of each bread slice with oil. Rub with cut side of garlic. Place directly on oven rack. Bake in preheated oven 5 minutes or until lightly toasted.

On each slice bread, layer Swiss cheese, eggplant, basil, pepper and Monterey Jack cheese. Place on baking sheet. Bake 5 minutes or until cheese is melted. Garnish with more basil, if desired.

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Recipe

GREEK MEAT

- 1 tbsp. olive oil
- 2 onions, finely
- 2 cloves garlic
- 1 lb. sweet
- 1 (turkey pre-
- 1 (casing rem-
- 1 lb. ground
- ½ cup season-
- 1 bread crum-
- ½ cup milk
- 2 eggs, beate-
- Salt and fr-
- pepper

DEFROST OR COOK

Most frozen cooked while defrosting. Ju cooking time tough doneness. However, if it breaded or c sauce, thawing the delicate flav preserved.

Defrost it in by thawing ov whole fish may thaw faster, pl running water minutes per p fish.

Keep seafood wrapper until defrost it in wa room tempera within two days do not refreeze.



It



Today's Food

Recipe

GREEK MEATBALLS

- 1 tbsp. olive oil
2 onions, finely chopped
2 cloves garlic, minced
1 lb. sweet Italian sausage (turkey preferred), casing removed
1 lb. ground turkey
1/2 cup seasoned Italian bread crumbs
1/2 cup milk
2 eggs, beaten
Salt and freshly ground pepper

- 1 can (28 oz.) tomato puree
2 tbsp. honey
1 tbsp. red wine vinegar
1 tsp. leaf oregano
1 tsp. cinnamon

Preheat oven to 350°. Lightly grease baking sheets. In medium saucepan over medium heat, cook onion and garlic in hot oil, covered, about 6 minutes or until softened.

In large bowl, combine sausage, ground turkey, half the cooked onion mixture, bread crumbs, milk and eggs. Salt and pepper to taste.

Using level tablespoonful

for each, form mixture into mini-meatballs. On prepared baking sheets, bake in preheated oven about 25 minutes or until cooked through.

In saucepan, combine tomato puree, honey, vinegar, oregano, cinnamon and remaining onion mixture. Over low heat, simmer about 30 minutes or until sauce is slightly thickened.

Add meatballs to sauce. Stir to combine. Serve warm with toothpicks from chafing dish or crockery pot, if desired.

Makes about 5 1/2 dozen.

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DEFROST FISH OR COOK FROZEN

Most frozen fish can be cooked while frozen without defrosting. Just double the cooking time to ensure thorough doneness.

However, if it will be stuffed, breaded or cooked with a sauce, thawing helps lock in the delicate flavor freezing has preserved.

Defrost it in the refrigerator by thawing overnight. Large whole fish may take longer. To thaw faster, place under cold running water, allowing 30 minutes per pound of frozen fish.

Keep seafood in its original wrapper until thawed. Do not defrost it in warm water or at room temperature. Cook fish within two days of thawing and do not refreeze it.

Wise Ways

By LINDA BLUMENBERG

Special eating restrictions stir pot to challenge cook

Eating a variety of foods is the first — and possibly the most important — dietary guideline people should follow. More than 40 different nutrients are needed for good health and proper growth.

Some people, however, must restrict what they eat because of a food allergy, food intolerance or inability to metabolize certain nutrients. Foods most likely to cause difficulties are milk, eggs, soybeans, peanuts, nuts, wheat, fish and shellfish.

To avoid a reaction to the offending food, care must be taken not to eat the food, as well as anything made with that food.

For example, an allergy to eggs means eliminating most muffins, pancakes, cookies and baked products — not just scrambled or fried eggs at breakfast. Getting variety and good nutrition with such restrictions is a real challenge.

Jean Fitzsimmons, a member of the St. Louis Chapter of the Celiac Sprue Association USA, knows firsthand about meeting the challenge of cooking for a family with a member allergic to wheat gluten. She says dietitians and health professionals may know what patients can or cannot eat, but families living with the diet can support each other with practical ideas.

She suggests, for instance, checking Asian markets for rice flour and other wheat-free foods needed by people who cannot tolerate gluten.

To find out about local support for living wheat- or gluten-free, contact Fitzsimmons, 6715 Westway Road, St. Louis, Mo. 63109, or call 351-5114. National headquarters for CSA USA Inc. is P.O. Box 31700, Omaha, Neb. 68131-0700.

Another reliable source of information is the Food Allergy Network, a non-profit organization that helps families with food allergies.

Membership dues of \$18 per year include a bimonthly newsletter with practical tips, like recipes, party ideas, travel tips and medical and product information. Low-cost educational materials also are available. For information contact: Food Allergy Network, 4744 Holly Ave., Fairfax, Va. 22030; phone (703) 691-3179; fax (703) 691-2713.

"Newsletter for People with Lactose Intolerance and Milk Allergy" by Jane Zukin is recommended by the Colitis and Ileitis Foundation and the National Digestive Disease Information Clearinghouse and National Dairy Council. At \$15 a year, the newsletter is available from: Commercial Writing Service, P.O. Box 3074, Iowa City, Iowa 52244.

A single copy of a brochure, "Understanding Food Allergy," is available from: International Food Information Council Foundation, 1100 Connecticut Ave. N.W., Suite 430, Washington, D.C. 20036. The brochure explains basic symptoms, diagnosis and management of food allergy.

plus differences between food allergy and food intolerance.

The Rice Council of America has developed recipes that are wheat-free, as well as wheat, egg- and milk-free. Write to: USA Rice, P.O. Box 740121, Houston, Texas 77274.

Certified home economist Linda Blumenberg is nutrition specialist with University Extension (University of Missouri system) in Montgomery County.

RICE PIZZA

- 3 cups cooked rice
2 eggs, beaten
1 cup (4 oz.) grated mozzarella cheese
1 can (15 oz.) tomato sauce
1/2 tsp. oregano
1/2 tsp. basil
1 cup (4 oz.) grated mozzarella cheese
2 tbsp. grated parmesan cheese

Preheat oven to 450°. Grease one 12-inch pizza pan, two 9-inch pie pans or one 10-by-14-inch cookie sheet. Combine rice, eggs and mozzarella cheese. Press firmly into prepared pan. Bake in preheated oven 20 minutes.

For topping, combine tomato sauce, oregano and basil. Spread evenly over rice crust. Top with mozzarella and parmesan cheeses. Bake 10 minutes longer.



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Today's Food

CHEESY GARLIC ROLLS

1 loaf (1 lb.) frozen bread dough, thawed
 1/4 cup (1/2 stick) butter or margarine, softened
 1/4 cup grated parmesan cheese
 2 tbsp. mayonnaise
 3 cloves garlic, crushed
 2 tsp. fresh or 2 tsp. dried parsley
 1 1/2 tsp. fresh or 1/2 tsp. dried oregano

In medium bowl, stir together butter, cheese, mayonnaise,

garlic, parsley and oregano. On lightly floured surface, roll dough to 14-by-12-inch rectangle. If dough shrinks back after rolling, let rest a few minutes, then roll again. Coat dough evenly with butter mixture.

From shorter side, roll dough in jellyroll fashion. Seal seams.

Slice dough in 12 even pieces. Lay in 8- or 9-inch round cake pan. They should be close, even touching. Let rise in warm location until rolls are almost double in size or fill pan.

Preheat oven to 350°. Bake 20 to 30 minutes until golden

brown and done in the center. Remove from pan to cool on wire rack.
 Makes 12 rolls.

ORIENTAL LEMON CATFISH

4 catfish filets
 1 tsp. lemon zest or minced fresh lemon grass
 1 tsp. plus 1 tsp. oil
 2 tsp. finely minced yellow onion
 1 clove garlic, finely minced
 1 cup Oriental hoisin sauce
 1/2 cup water

1/2 cup rice wine or white vinegar
 2 green onions, cut in thin diagonal slices

In shallow pan, marinate catfish in lemon and 1 teaspoon oil.
 In small saucepan, heat 1 tablespoon oil over medium heat. Add garlic and yellow onion. Let sizzle about 1 minute without burning garlic.
 Add hoisin sauce, water and vinegar. Reduce heat. Simmer slowly about 10 minutes. If thick rather than creamy, add more water.
 Preheat grill or oven to 400°. Cook fish about 3 minutes on

each side.
 On individual plates, carefully spoon sauce on top of catfish without covering com-

pletely. Sprinkle with green onion and peanuts.
 Makes 4 servings.

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Women In Business.....



PC Secretarial & Transcription Service

PC Secretarial & Transcription Services is owned and operated by Paula Carey from a home-based office. Paula has 19 years of secretarial and administrative experience and has been in business for two years.

PC Secretarial offers a cost effective means for the small business owner to get secretarial tasks completed in an efficient and timely manner without the cost of buying office equipment or providing office space. Large, more established business office can utilize this method for processing their office over load or for special projects. Services that are currently being provided to local businesses include medical transcription, billing for a local manufacturer, office support for a medical facility, proposal preparation, mailing list maintenance, and bulk mail preparation.

PC Secretarial & Transcription Services, Granite City, IL



797-2666



Commercial Shoe Repair

Lynn and her family will be celebrating there one year anniversary. Since purchasing the business one year ago on April 1st, Lynn has an extensive management background and has learned all aspects of the business. The Doolittle's all believe in one goal Customer satisfaction. Lynn lists raising her three children as her favorite hobby her three children are Stephanie Bry & Jared Noyes & Alex 7 yrs.

COMMERCIAL SHOE REPAIR
 1922 State Street, Granite City, IL
877-5983



Eddies Bar & Grill

Debbie has been a business owner in Granite City for 14 years. She treats all of her employees like members of her own family and the mutual respect is felt by everyone. Debbie is a health oriented person and always strives to be the best she can be. Whether through furthering her education or the raising of her children she always pushes her abilities to the limit for the sake of other.

Eddies Bar & Grill
 2900 Nameoki Rd.
 Granite City
876-4143



CVM REALTY, Inc.

Jeanette Holder, a former business education teacher, change her profession to real estate in 1984. She became broker/owner of her own real estate office, CVM Realty, in 1989.

She is active in the Madison County Homebuilders' Association, serving as president this year. She is a member of and has also served as Secretary / Treasurer and Director of the Granite City Board of Realtors. She is also a member of the Greater Gateway Association of Realtors to better serve her clients form Granite City in the purchase of homes in the areas of Edwardsville, Collinsville, Glen Carbon, Troy, etc. She presently serves on the Board of Directors of Metro Centre for Life Management, is a member of the Granite City Chamber of Commerce, a Rotarian, and a member at Niedringhaus, United Methodist Church where she serves as Sunday School Superintendent.

She credits her success to the professional service she provides her clients, to the support from her family of which she is most proud, and to the number of clients who have used her services over and over including many excellent referrals.



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 Phone: 931-2711



Knights of Columbus Ladies Auxiliary

Jean Stanfill has been President of The Knights of Columbus Ladies Auxiliary since 1993. There are 21 Charter Members since 1984. Jean became a member in 1987. She is active in the Annual Craft Show and Easter Egg Hunt & Party for Children of K of C members.

Charities include: DARE, Phenix House, Catholic Charities and Adopt a Seminary.

KNIGHTS of COLUMBUS LADIES AUXILIARY
 4225 OLD ALTON RD., GRANITE CITY, IL
877-4250



County Clerk Democrat Madison County

During the past five months, Democratic County Clerk Deb Saltich has learned the ins and outs of the busy county clerk's office.

With an eye to the future, she has already begun the slow process of automating the office with ideas like computerizing access to the county's birth record.

She plans more automation, making the process easier for employees of the office and making service quicker for customers.

And she plans to concentrate on registering the younger generations to vote - a segment of the population often overlooked by politicians because they may not pay property taxes or carry much influence in the communities.



CRAWFORD AGENCY

With over twenty years in the insurance field, Cheryl Crawford has owned and operated her agency since 1981.

As an independent insurance agent, she represents top-quality companies such as Madison Mutual, American States and the St. Paul Companies. "Our motto is 'Personal Service,'" says Cheryl. "Crawford Agency is a multiple lines agency offering first class products at competitive prices to their customers for their home, auto, life, boat and business." She credits her success to her loyal customers and supportive friends and family, especially her husband, Don and daughter, Carl. Don is a millwright at Granite City Steel and Carl is a Senior student attend Eastern Illinois University in Carleton, Illinois. Cheryl is a member of Tri-City Area Chamber of Commerce and has been active in Community activities.



Crawford Agency
 4917 Maryville Road
 Granite City, Illinois 62040
797-1600



Century 21 Bailey & Co.

Bobbie Bailey is the broker/owner of Century 21 Bailey & Co. of Granite City, Illinois. She brings 15 years of experience to the business and 6 years as broker/owner.

She is a lifelong resident of Granite City, and is a member of the Granite City Board of Realtors, for which she chairs a committee and has held numerous position in the past.

Bobbie opened her new office on Pontoon Road, in Green Professional Park in July of 1994. She credits her onward winning, experienced and professional realtors for the growth and success of the new office. She also feels one of their most valued assets has been their loyal customers and friends, who have brought them many excellent referrals.

Century 21 Bailey & Co.
 2126 Pontoon Road
877-7653



Dawn Steen Owner Dairy Queen

Dawn was born and raised in Granite City. She resides here with her husband Robert Steen and two children, Robby, age 10 and Amy, age 7. She and her husband went into the Dairy Queen business in March, 1993. Previously, she worked as an executive secretary in the legal department. She believes that owning and operating a restaurant is the hardest work she's ever done. Outside of the restaurant, she stays busy with her children's activities and enjoys the family's beagle puppy named "Misty". (Named after a DD drink, of course!)

Dawn is a Christian and a member of Suburban Baptist Church, where she is the Children's Choir Director. Dawn is thankful for her supportive relationship with the Lord, her husband and Children and Father and Mother. "I know I've been blessed to have so many who support and love me. I work hard to 'let my light shine' whether in business or play", Dawn said.

Dawn Steen, Owner
 Dairy Queen of Pontoon Beach
 We Treat You Right



Sammy's Bar

Barbara has been part owner of Sammy's Bar for 7 years. Her hobbies are soccer, softball, pool. Working toward restaurant to be a part of the bar.

SAMMY'S BAR
 921 Niedringhaus Ave., Granite City
876-0821



Salon Owner

Member of National Cosmetology Association Hair Illinois for 7 years. Received Citation of Merit as a permanent member of the Illinois Hair Fashion Committee Past President, Secretary, Treasurer - ICA, Granite City Affiliate, Belleville Area College - Business Training

Sagamond University - Teacher Seminars
 Lake Land College - Teacher Seminars
 Teach Continued education for recertification of cosmetology licenses Completed in hair styling competition at:

St. Louis, MO Springfield, IL
 Granite City, IL Edwardsville PTA
 Member of Holy Family Congregation
 Hobbies - Swimming, Horseback Riding, Dancing

GRANITE CITY SCHOOL OF Beauty Culture
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 GRANITE CITY, ILLINOIS 62040
876-5432



Linda's Gallery

Linda has been owner of Linda's Gallery for five years, attending framing school in 1991 with Gemini Moulding Co., Palatine, IL.

She enjoys her work with the many artist in the area, plus her loyal customer base which continually includes more referrals.

In her spare time she enjoys music, exercise, and quiet times at their lake property. She credits much of her success to her supportive family and friends.

Linda's Gallery
 2802 Madison Avenue
 Granite City, IL
877-2627

War

A big complex low-fat eating is vor, particularly is reduced, signif Low-fat fruit meats give do dends. They a while boosting and mineral cooked meat, fish can be greatly by a f Cuisines from world provide for them.

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Today's Food

Warm sauce gives meat double whammy

A big complaint about low-fat eating is loss of flavor, particularly when fat is reduced significantly.

Low-fat fruit sauces for meats give double dividends. They add flavor while boosting vitamins and minerals. Thin cooked meat, poultry or fish can be enhanced greatly by a fruit sauce. Cuisines from around the world provide inspiration for them.

Apple-horseradish sauce starts with a pound of cooked, pureed apples. Seasoned with a tablespoon of grated horseradish, a tablespoon sugar and a few drops of lemon juice to taste, it is an easy-to-enjoy partner for lean veal,

pork, fish or beef.

Cherry sauce for broiled fish can be prepared by cooking pitted cherries in a little water. Drain off any extra water and return cherries to the same saucepan with 1 tablespoon butter or margarine, 2 whole cloves, a dash each of cinnamon and sugar, $\frac{1}{4}$ cup red wine and salt and pepper to taste. Add $\frac{1}{2}$ teaspoon cornstarch mixed with a little water to a smooth paste. Bring to boil and simmer until thickened before serving over any seafood.

Cumberland Sauce is a very old, traditional English sauce served with cold meat. In a blender, combine 1 cup currant jelly; 1 small

onion, chopped; grated rind and juice of both 1 lemon and 1 orange; 1 teaspoon dry mustard; $\frac{1}{4}$ teaspoon ground ginger; 1 cup port wine, and pinch of salt. Process until mixture is smooth. In a saucepan, cook and stir the sauce until it boils, then reduce heat to very low and gently simmer 5 minutes. Let it cool before chilling.

Plum-Sauced Pork makes a quick meal of lean pork loin chops extra special. For a quick, delicious meal, serve it with a favorite steamed vegetable, plus rice or a baked potato. Pour the sauce over the rice or potato, too, for delicious flavor without adding fat.

To order a free brochure

featuring the "Facts About Fat," send a stamped, self-addressed envelope to: American Institute for Cancer Research, Department FA, Washington, D.C. 20069. Registered dietitian Melanie Polk is director of nutrition education for the AICR in Washington.

PLUM-SAUCE PORK

1 lb. boneless loin pork chops, about $\frac{1}{2}$ inch thick
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{2}$ cup plum jelly or preserves (low-sugar preferred)
 $\frac{1}{4}$ cup red wine vinegar

2 tsp. soy sauce (reduced-sodium preferred)

1 tsp. ground ginger

In cup or small dish, cover onion with cold water. Remove fat from around pork chops. Heat large non-stick skillet over medium-high heat 30 to 60 seconds. Reduce heat to medium. Cook pork chops about 1 minute per side.

Drain water from onion. Add onion, jelly, vinegar, soy sauce and ginger to meat. Stir to blend well.

Spoon some sauce on top of each pork chop. Simmer, covered, over low heat 8 to 10 minutes.

Serve as soon as thoroughly cooked, when juices run clear.

Recipe

RED HOT TUNA MELT

1 can (about 7 oz.) tuna, drained, flaked
 $\frac{1}{4}$ cup finely chopped celery
2 tsp. mayonnaise
1 English muffin, split
 $\frac{1}{4}$ cup mild pepper rings
 $\frac{1}{4}$ cup (1 oz.) shredded Monterey Jack cheese with jalapeno pepper
Polish dill spears

In small bowl, combine tuna, celery and mayonnaise. Mix well. Spoon mixture onto muffin halves. Top with pepper rings and cheese. On broiler pan or baking sheet, arrange muffins. Broil 5 inches from heat 4 minutes or until cheese melts.

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Today's Food

Sweeter grapefruit gives salads new perspective

Thanks to new, sweeter varieties, grapefruit — a long-time breakfast standby — is becoming popular as a key ingredient in salads, dressing and even an accent to main dishes.

Florida citrus researchers have produced new hybrids of grapefruit that are sweeter and juicier. Pink grapefruit is much sweeter than those produced as recently as 10 years ago. This sweeter taste broadens grapefruit's culinary uses. Experiment at home with the "new" grapefruit.

A fresh idea is a fruit salad using segmented grapefruit, kiwifruit, strawberries and cantaloupe topped by a raspberry or strawberry vinaigrette dressing. The combination of grapefruit and vinaigrette produces distinctive zest in its flavor. To vary the dressing, use grapefruit and orange juice in place of vinegar.

A lunch salad is another arena for grapefruit. Add it to greens, cheese, turkey, ham, tomatoes and cucumber. A creamy cucumber dressing blends the ingredients to make a main dish salad worthy of guests or favorite family.

For details and specific recipes using grapefruit and other citrus products, write to: Grapefruit Recipes, Florida Citrus Growers, P.O. Box 148, Lakeland, Fla. 33802.

REFRESHING FRUIT SALAD

- Raspberry Vinaigrette
- 3 medium white or red grapefruit, peeled, segmented
- 2 kiwifruit, sliced in half lengthwise, then sliced crosswise
- 2 cups strawberries, halved
- 2 cups cantaloupe balls

Prepare Raspberry Vinaigrette. Cover. Refrigerate. In large bowl, combine grapefruit, kiwifruit, strawberries and cantaloupe. Mix gently.

Serve with vinaigrette. Raspberry Vinaigrette: In blender, process 1 cup fresh or frozen (thawed) raspberries and ¼ cup red wine or raspberry vinegar until pureed. Sieve mixture to remove seeds.

Discard seeds. In small bowl, combine raspberry mixture with 2 tablespoons oil, 1 tablespoon honey and ¼ teaspoon ginger.

Strawberry Vinaigrette: Substitute 1 cup fresh or frozen (thawed) strawberries for raspberries.

Puree with ¼ cup red wine or raspberry vinegar, 2 tablespoons oil, 1 tablespoon honey and ¼ teaspoon ginger. Do not sieve.

Makes 6 servings; 150 calories, 2 g protein, 27 g carbohydrate, 5 g fat, no cholesterol, 7 mg sodium and 542 mg potassium.

NEW AGE CHEF SALAD

- Creamy Cucumber Dressing
- 8 cups torn salad greens (romaine, green leaf, butter lettuce)
- 2 oz. reduced Monterey Jack cheese, cut julienne
- 2 oz. reduced fat cheddar cheese, cut julienne
- 8 ounces turkey, cut julienne
- 4 oz. deli lean baked ham, cut julienne
- 3 medium white grapefruit, peeled, segmented
- 12 cherry tomatoes, halved
- 1 medium cucumber, thinly sliced

In 4 individual salad bowls, evenly divide and arrange greens, ham, turkey, cheeses, grapefruit, tomatoes and cucumber.

Serve about 2 tablespoons dressing over each serving. Creamy Cucumber Dressing: In small bowl, combine ½ cup reduced-fat mayonnaise, ½ cup finely chopped cucumber, 2 green onions (chopped), 3 tablespoons milk, 1 tablespoon chopped fresh dill or 1 teaspoon dried dillweed, and ¼ teaspoon garlic salt.

Makes 4 servings; 336 calories, 24 g protein, 24 g carbohydrate, 12 g fat, 78 mg cholesterol, 691 mg sodium and 1,027 mg potassium each.

Top with ¼ cup low-fat coffee yogurt and 1 tablespoon toasted slivered almonds. Makes 1 serving; 180 calories, 5 g fat and 50 mg sodium each.



A refreshing fruit salad of strawberries, kiwifruit, grapefruit and melon is tangy, yet mellow, with a fruity raspberry vinaigrette.

Recipe

ORANGE-COCONUT FILLING

- 1½ cups cold milk
- 1 envelope whipped topping mix
- 1 pkg. (4 servings) vanilla instant pudding mix
- 1 cup flaked coconut
- 1 tsp. grated orange rind

Pour milk into deep narrow-bottom mixer bowl. Add whipped topping mix and pudding mix. Using electric mixer, beat slowly until well blended.

Gradually increase beating speed and beat 4 to 6 minutes until mixture forms soft peaks. Fold in coconut and orange rind.

Use between cake layers.



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Back Talk
by Dr. Warren A. Stewart, Jr.

PLAQUE ATTACK

People who experience lower-back pain or premature disc degeneration without obvious cause might want to look at their diets as the possible sources of their troubles. As reported in the publication Spine, studies of the arteries of 88 men of average weight indicate that the greater their plaque deposits, the greater their spinal disc degeneration. The abdominal aorta, which provides a primary pathway for blood to serve the lumbar spine, is often an early casualty of plaque buildup. As a result of compromised blood supply, discs, muscles and nerve roots in the lower spine begin to suffer. Proper nutrition is but one facet of health that chiropractors address as part of a comprehensive look at the back.

Regular chiropractic spinal care is your best insurance against spinal deterioration. When this problem is diagnosed as the cause of back pain, consult with us - remember, millions have recovered from spinal pain problems through chiropractic care. At the office of WARREN A. STEWART, JR., D.C., we accept only those patients whom we sincerely believe we can help. Don't delay - stop the pain and call us at 398-2121. We're located at 10251 Lincoln Trail, Suite 12, Fairview Heights, with hours M-F 8am-6pm.

P.S. Even though a patient may come to the chiropractor with symptoms in a specific area, the chiropractor looks at the whole body for diagnosis and treatment.

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Beginning on or about April 1, 1995, the City of St. Louis will begin removal of the upper road deck of the Eads Bridge. MetroLink service after 7 p.m. each night will operate every 15 minutes until 11 p.m. and then every 30 minutes until the end of regular service. Customers will not experience any trip delays.

MetroLink will operate on a single track across the Eads Bridge after 7 p.m. between the Laclede's Landing Station and the 5th & Missouri Station. The East Riverfront Station will operate from one platform after 7 p.m., clearly designated by signs. This work should continue for approximately 100 days. During the day both tracks will be in operation.

New MetroLink schedules, effective March 20, are available at information kiosks in all stations. Thank you for your patience during this preparation for a new vehicular road deck.

Local sc
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Members of
Grade School
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Local school band attends festival

Members of the Granite City Grade School Band attended the Elementary and Junior High Madison County Band Festival held at East Altan Middle School on Feb. 18. Students were picked for two honors bands, one at the elementary level and one at the junior high level, by the recommendation of their directors. Students spent the day in rehearsals and performed a concert in the evening.

The students that represented Granite City at the elementary level were Kristen Orsborn and Elizabeth Nelson, flutes; Ron Wilkerson, Latoya Worthen, Linda Roberts and Kristi Sarich, clarinets; Amber Blattner and Robin Hartman, bass clarinets; Sarah Lancaster, alto saxophone; Brandon Rollins, tenor saxophone; Darren Young, Sarah Dettwiler and Ryan Herman, cornets; Lauren Coppedge and Ashlee Connolly, French horns; Steve Geroff and Jared Arnold, trombones; Jonathan Vorce, baritone; Adam Stevens, tuba; and Denise Mueller, percussion.

These students are under the direction of Mary Ann Davis.



Granite City Grade School Band members attending the Elementary and Junior High Madison County Band Festival were, from left, front row, Linda Roberts, Elizabeth Nelson, Denise Mueller and Sarah Lancaster; middle row, Adam Stevens, Amber Blattner, Lauren Coppedge, Brandon Rollins, Kristen Orsborn and Ryan Herman; and back row, Kristi Sarich, Jonathan Vorce, Ron Wilkerson, Steve Geroff, Jared Arnold, Darren Young and Robin Hartman. Not pictured were Latoya Worthen, Ashlee Connolly and Sarah Dettwiler.

Eagles, Aux. members attend conference

Joanna Spencer and Ruth Jorgensen of the Granite City Eagles 1126 Auxiliary and Ken Spencer, Craig Nyers and Chris Von Nida of the Eagles Aerie 1126 attended the joint Central Zone conference in Quincy on March 11 and 12.

The board members are: state president Dianna Garrison, state central region president Glenna Garwood, past state president Beverly McNeil, past state president Shirley Curry, state secretary Lorraine Clancy, grand central division president Stephanie Smith and grand auxiliary madam president Iris McDermott.

Garwood opened the meeting with a poem on leadership. Smith spoke on those who drop out and those who re-enroll. McDermott was the guest speaker.

There were 85 ladies present; two from Granite City. Sharon Deheive, regional president and cancer

chairman, thanked all the members for their work for cancer research.

Rita Cuoco, state project chair, ran of the heart research, appeared as a leprochman. The membership team put on a skit in honor of Garrison regarding salesmanship, attitude and sponsor involvement for quality members.

Lou Deheive has been named Eagle education trustee, replacing Walter Wilmert, who recently passed away.

Andy Vollmer, grand aerie secretary, spoke on applications for aerie matching funds for grants. George Zobel, grand aerie president elect, was the guest aerie speaker.

A banquet followed the meeting. Awards were given.

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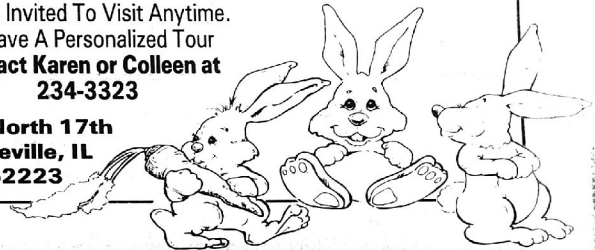
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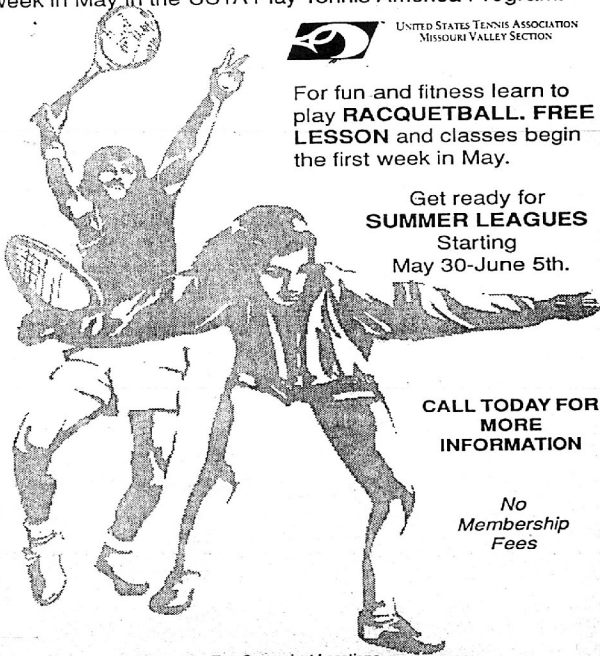
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MISSOURI VALLEY SECTION

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Omicron Master Chapter of Beta Sigma Phi meets

The March meetings of the Omicron Master Chapter of Beta Sigma Phi were held in the homes of Pat Tsiglaroff and Joyce Alexander.

Videos were shown at both meetings; at the first by Lora Mae Lombardi on Ireland and at the second by Imogene Forrest on Scotland. The prizes for the month were won by Delores Dortch and Alice Konieczny.

The chapter enjoyed a St. Patrick's Day lunch on the Alton Belle Casino as the March social.

Officers were elected for the 1995-96 year. Elected were Joyce Alexander, president; Pat Tsiglaroff, vice president; Lora Mae Lombardi, recording secretary; Delores Dortch, corresponding secretary; Alice Konieczny, treasurer; and Ruth Stoyanoff, extension officer.

Other members of the chapter are Bea Brackett, Juanita Calve, Evelyn Tolliver and Arlene Halde-man.

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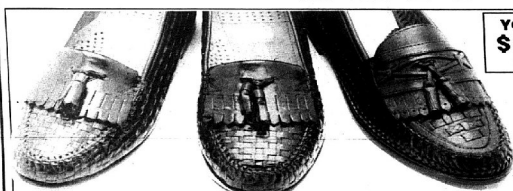
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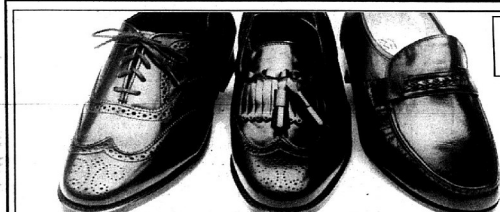


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• Compare at \$50
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• Compare at \$50
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CAMBRIDGE WING-TIP LACE UP Compare \$70
■ BLACK AND BURGUNDY
■ SIZES 8-12, 13 EEE 8-11, 12

CAMBRIDGE WING-TIP KILTIE TASSEL Compare \$70
■ BLACK AND BURGUNDY
■ SIZES 8-12, 13

RITZ TUBE MOC Compare \$70
■ BLACK M 8-12, 13
■ TASSEL & STRAP STYLES

SALE THROUGH SUNDAY, 4/9

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1995 SPRING TOY CATALOG

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IF IT RAINS, IT'S FREE!

UNBELIEVABLE...BUT TRUE!

Full Refund of any Purchase made today if it rains on Easter Sunday.

Any individual who purchases any items between now thru April 9th at Kloss Furniture and Carpets is entitled to a 100% cash refund (excluding sales tax) if it rains 1" or more at SIU's Official Weather Reporting Station during the hours of 9 a.m. to 6 p.m. on Sunday, April 16. Prior purchases and sales tax are not eligible for a refund.



First 60 Customers Receive A Free Umbrella (Limit 1 per family)

Any furniture and carpet you buy at KLOSS FURNITURE AND CARPETS between now and April 9th is absolutely **FREE** if it rains one inch or more on Sunday, April 16th

- PLUS - if it does not rain, you won't have to pay for it until October.

A SUPER DEAL ON FURNITURE!

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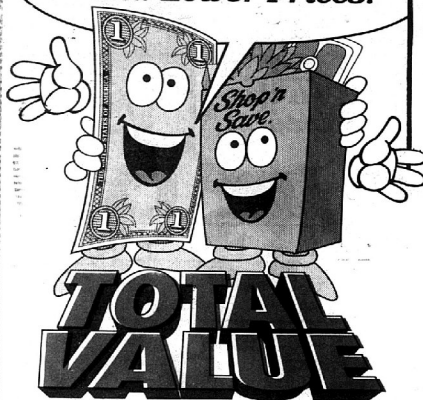
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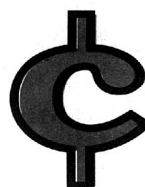
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HALF
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REGULAR OR HEALTHY REQUEST
Campbell's Chicken
Noodle Soup

2/99¢
10.75 OZ.

Tylenol Extra Strength
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Our Low Sale Price \$3.99

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100-CT
WITH \$2.50 MAIL-IN
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LIMIT 2 WHILE SUPPLIES LAST, REBATE LIMITS APPLY

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Froot Loops

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11-OZ. PKG.

ASSORTED VARIETIES
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DUNCAN HINES CANNED FROSTING 16-OZ. \$1.19



REGULAR, LIGHT OR FREE
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32-OZ.
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ASSORTED VARIETIES
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48-OZ.
BTL.

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Juice

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OUNCE

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Sunshine
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20-OZ.
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Sunshine Cheez Its
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24-CAN CASE
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4 PACK

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12-PACK
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GENUINE DRAFT LIGHT OR
Miller Lite
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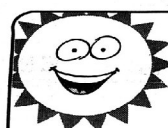
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Saturday night.**

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Sunday, April 2nd.**

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Choice
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CAMPBELL'S CREAM OF CHICKEN Soup 10.75 oz.	.69	.99	.99	.99
FRANCO-AMERICAN Spaghetti O's 15 oz.	.59	.79	.79	.89
SUNSWEEP Prune Juice 32 oz.	.99	1.69	1.69	1.69
OLD EL PASO Refried Beans 16 oz.	.79	1.09	1.09	1.09
EQUAL NUTRASWEET Sweetener 200 ct.	5.99	6.99	6.99	6.99
FOLGER'S Coffee 39 oz.	8.99	10.59	10.59	10.59
HEIFETZ BREAD & BUTTER Pickle Slices 32 oz.	1.99	2.99	2.99	2.99
A-1 Steak Sauce 10 oz.	2.99	3.99	3.99	3.99
KRAFT Barbeque Sauce 18 oz.	.99	1.49	1.49	1.49
GENERAL MILLS Wheaties 12 oz.	1.99	2.79	2.79	2.79
POST Toasties 18 oz.	1.97	2.79	2.79	2.79
JIFFY Baking Mix 40 oz.	.99	1.39	1.39	1.39
MORTON REGULAR OR IODIZED Salt 26 oz.	.25	.39	.41	.41
ULTRA SURF 42-USE Laundry Detergent 98 oz.	4.97	7.99	7.99	7.99
S.O.S. Steel Wool Pads 4 ct.	.49	.69	.69	.69
COMET Cleanser 14 oz.	.29	.59	.59	.59
CLOROX Bleach 64 oz.	.93	1.29	1.29	1.29
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NORTHERN Bath Tissue 12 roll	2.99	3.99	3.69	3.99
PET Evaporated Milk 12 oz.	.49	.79	.79	.79
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OSCAR MAYER Sliced Bacon 1 lb.	2.99	3.69	3.69	3.69
HUNTER All Meat Wieners 12 oz.	.79	1.29	1.29	1.29
FARMLAND Select Pork Sausage 1 lb.	1.79	2.49	2.89	2.89
GOLDEN RIPE Bananas per lb.	.58	.69	.69	.69
GARDEN FRESH Cucumbers each	.49	.59	.59	.69
RED Grapes per lb.	1.28	1.99	1.48	1.49
GREEN Onions Bunch	.33	.59	.69	.50
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I CAN'T BELIEVE IT'S NOT BUTTER Quarters 1 lb.	.99	1.49	1.39	1.49
MINUTE MAID Frozen Lemonade 12 oz.	1.10	1.39	1.39	1.39
EGGO Blueberry Waffles 11 oz.	1.50	1.99	1.99	1.99
LENDER'S Bagels 6 ct.	.99	1.29	1.29	1.29
PATIO Burritos 5 oz.	.34	.59	.45	.45
JENO'S Pizza Rolls By Totinos 20 oz.	2.99	3.99	3.99	3.99
MRS. SMITH'S Lemon Meringue Pie 24 oz.	3.99	4.59	4.59	4.83
EDY'S Ice Cream Half Gallon	4.09	4.69	4.69	4.69
TOMBSTONE SPECIAL ORDER Pizza 26.45 oz.	4.89	5.89	5.89	5.89
KRAFT FREE PHILLY Cream Cheese 8 oz.	1.00	1.39	1.39	1.39

These items were purchased on March 27, 1995 at National at 4432 Lemay Ferry at 9:38 a.m., at Schnucks at 11945 Manchester Rd., at 10:21 a.m., and at Dierbergs at Olive & Ross Rd. at 10:10 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

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**Fresh Lean
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lb.

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**Boneless
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179

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TENDERBIRD, FROZEN

**Skinless, Boneless
Chicken Breast**

679

3-POUND
BAG

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**Lean Boneless
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189

lb.

**Hickory Ridge
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129

1-POUND
PACKAGE

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Lunchables**

99¢

4.5-
OZ.

CHOPPED HAM OR
**Oscar Mayer
Ham & Cheese**

2/379

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119

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**Chicken Chunks
or Patties**

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Seminar focuses on dealing with disability

"Discovering the Whole Person: Reaching Beyond the Limitations of a Disability" is a powerful and thought-provoking seminar being offered by LINC, Inc. to anyone concerned with disability issues. This seminar is for workers, employers, families and individuals will all benefit from this upcoming seminar's focus on building on an individual's abilities, not shaping life around disabilities.

This one-day seminar will be held on March 30 at the Dooley Center, the Shrine of Our Lady of the Snows in Belleville. Registration fees range from \$35 for professionals (\$30 for each additional professional) to \$20 for family members and individuals.

In addition to the wealth of information attendees will receive, they will also be offered a continental breakfast and luncheon. To register, contact LINC at 233-9968. Featured among the seminar speakers is nationally prominent disability consultant, Les Graber. Graber combines 25 years of management and consulting experience with his background as a person with a physical disability and delivers common sense solutions to addressing the personal challenges of a disability. Graber will be presenting his "Capability Coaching" concept. According to Graber, these techniques are based on his belief that "with a threatened economy, we cannot

Among the other workshops being presented by a panel of disability experts are "Family Focused Approaches to Assessment and Intervention," "Taking Risks: Transitioning from School to Independence with Dignity," and "Alzheimer's Disease: A Family Issue."

LINC, Inc. is a center for independent living offering a variety of critical services to help ensure independence and fulfillment for persons with disabilities in St. Clair County and the surrounding area.

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- **MEDICARE UPDATE '95, Tuesday, April 11, 2-3:30 p.m.,** Senior VIP-sponsored free dialogue. Presented by Ann Heindle of Blue Cross Blue Shield of Illinois. To register for this free program, call extension 1575.
- **12-WEEK RIGHT WEIGH (Weight Control) for Adults, April 11 - June 27, Tuesdays, 7-8 p.m.** Small classes—no special food or supplements to buy. Fee includes manual, body fat composition analysis, recipes, group support, and more. For details or to register call extension 1156.
- **HEART HEALTHY SCREENING, Friday, April 21, 10 a.m.-noon, Caseyville Senior Center,** Cholesterol, Diabetes and Blood Pressure Check - \$8. By appointment only. Sponsors: St. Elizabeth's Hospital, Belleville Area College's PSOP, and St. Clair County Health Department. Register by April 19 - call 398-4104 between 9 a.m. and 1 p.m.

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Shown are, from left, Mayor Robert Higgins, Elizabeth Bailey, Jackie

Sweet Women

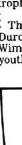
The Granite City Moose held its Ball on Saturday night, featuring retiring queen, Valerie Waller, to the seal of the Regents recognized Miller and Patricia Officers recognized Votoupal.

The senior regent Bob Young, governor trophy bearers with the crown, and a trophy, compliment.

The second major Durdan, publicist, Wimberly. The youth involvement.



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Shown are, from left, Floyd Miller, Charles Higgins, Kathy Higgins, Bob Young, Matthew Higgins, Elizabeth Wimberly, queen Barbara Valencia, Justin Bodkins, Shawn Worthen, Heidi Bailey, Jackie Durden, Tim Wimberly, Debbie Waller, Rick Waller and Millie Votoupal.

Sweethearts

Women of the Moose hold Queen of Hearts Ball

The Granite City Chapter 247 of the Women of the Moose held its 38th annual Queen of Hearts Ball on Saturday, Feb. 18. Debbie Waller, the retiring queen, was escorted by her husband, Rick Waller, to the seat of honor. The College of Regents recognized were Marian Lipscomb, Edna Miller and Patricia Macke. The past queens recognized were Oudie Waller and Sharon Matt. Officers recognized were Ellen Pabst and Karen Votoupal.

The senior regent, Heidi Bailey, was escorted by Bob Young, governor of Lodge 272. The crown and trophy bearers were Elizabeth Wimberly, carrying the crown, and Justin Bodkins, carrying the trophy, compliments of Moose Lodge 272.

The second maid for the year 1995, Jackie Durden, publicity chairman, was escorted by Tim Wimberly. The first maid for 1995, Kathy Higgins, youth involvement chairman, was escorted by her

husband, Charles Higgins. The queen of hearts, Barbara Valencia, was introduced and escorted by Floyd Miller.

The pages for the evening were Shawn Worthen and Matthew Higgins. The queen carried the traditional bouquet of red and white roses. The retiring queen placed the crown on the new queen.

The governor presented the trophy on behalf of the Granite City Moose Lodge. The senior regent presented the gifts to the new queen and her court, including the children. Everyone sang "Let Me Call You Sweetheart."

Approximately 200 people attended. Bouquets and corsages were worn by the participants. Millie Votoupal, chairman, was the mistress of ceremonies.



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FAMILY

Hays competes in pageant

Heather Elaine Hays, 5, competed on Feb. 18 at the Holiday Inn in Festus, Mo., in the Gingerbread Pageant Preliminaries.

Hays won overall photogenic in which she received this title competing against all age divisions, from zero to 20 years. She was also awarded a crown, trophy and a banner. She won second alternate in beauty, best portfolio and best sportswear model in her age division, four to six years.

Hays will now compete at the state level in May in Bridgeton, Mo. She attends kindergarten at Holy Family School and is a member of the Glitter Girls Modeling, which is taught by Rhonda Vest-Nolan.

Hays is the daughter of Chris and Krisandra Hays of Granite City and the sister of Ryan Hays. Her grandparents are Fay Hamilton of Granite City, David and Cherrie Hays of Madison and the late Charles Hamilton.



Heather Elaine Hays
Pageant contestant

Births

Ryan Burge
Paul and Betsy Burge of Edwardsville have announced the birth of their first child, a son.

Ryan Paul was born Nov. 22, 1994, at Anderson Hospital in Maryville. He weighed 7 pounds, 12 ounces.

His maternal grandparents are Joe and Ruth Barrington of Granite City.

Don and Jean Burge of Edwardsville are the paternal grandparents.

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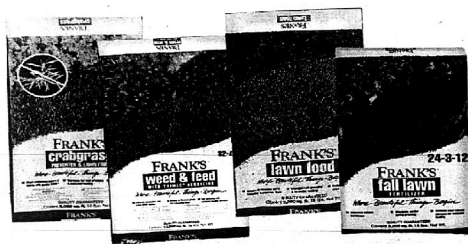
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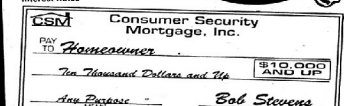
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